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RECORD PHOTO BY KATELYN BOULANGER

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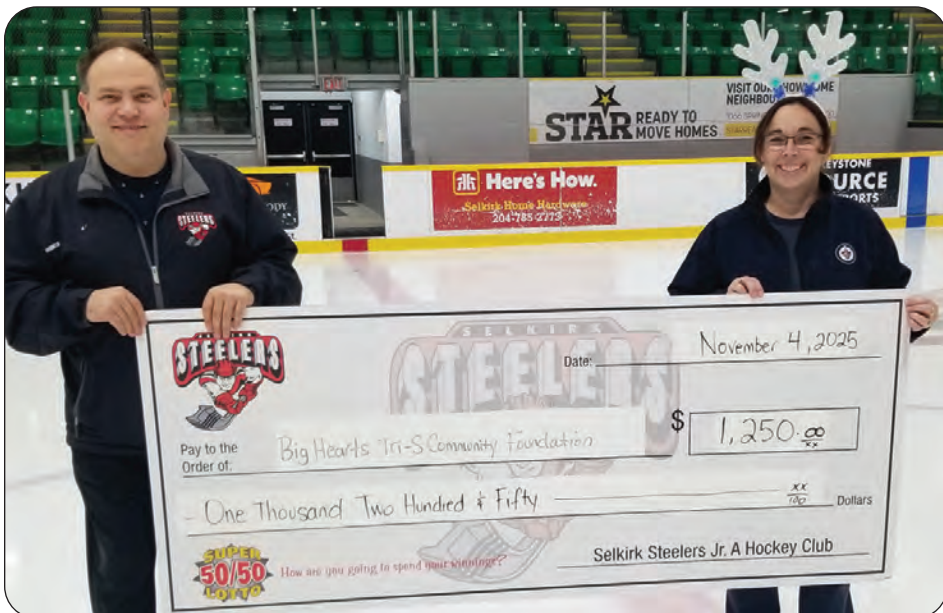


Giving back to local hamper drive



RECORD PHOTOS BY BRETT MITCHELL

Inclusion Selkirk, and the Selkirk Steelers recently presented donations to the Big Hearts Tri-S Community Foundation to support their annual hamper drive. Inclusion Selkirk raised \$656 through a yard sale fundraiser. The Selkirk Steelers donated \$1250. These funds will go a long way towards helping our community. Pictured top: Wendy Meger from Big Hearts, Victoria Veenstra and Wendy Jablonski from Inclusion. Below: Jordan Fillion from the Steelers and Wendy Meger From Big Hearts.



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Big Hearts Hamper Drive back this year, and preparing to help over 500 families

Get your donations in early

By Katelyn Boulanger

Every year, donations to the Big-Hearts Tri-S Community Foundation are collected and used to support the Big Hearts Christmas Hamper initiative, which provides over 500 Christmas hampers to families that need a little extra help to get them through the holidays. This year, this initiative continues, and community donations are needed.

"The Big Hearts Hamper Initiative has been proud to bring our values to life right here in Selkirk and the Interlake area. The holiday season is a time for kindness, general generosity, and community. So, each December, we come together to make sure that no family goes without a meal, a few special treats, and the joy of the season," said Wendy Meger, Board Member at the Big-Hearts Tri-S Communi-

ty Foundation and General Manager of Selkirk Home Hardware.

Last year, the hamper program gave to just under 500 families in our region, and this year they are expecting that number to increase to somewhere between the 500 and 600 mark, as Meger explained, people need help now more than ever before.

"The only way we can do that is with the help of the community and the businesses," said Meger.

There are many reasons that might make it so that a family needs a hamper this year, but that doesn't really matter. If you or your family are in need and in our area, the Big Hearts Hamper Program tries to help.

"If they need to apply to receive a hamper, or if they know someone who could use a little extra help and want to apply for them, they just

have to contact Kevin Christiansen via email at bigheartshamper@gmail.com," said Meger.

The hamper program just needs a little bit of information about the members of your family, including

Continued on page 5



RECORD PHOTO SUBMITTED

The Big Hearts Hamper Drive plans to help over 500 families this holiday season and they need support from community members and local businesses to make it happen. Pictured: Wendy Meger and Kevin Christiansen with Santa who helped assemble hampers at previous hamper drives.

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> BIG HEARTS HAMPER DRIVE 2025, FROM PG. 4

your name, contact info, the number of people and their ages, so that they can make sure to pack the hamper with enough food and gifts that the family will enjoy.

The hamper program was established seven years ago by Christiansen when he realized that there was a lack of this needed service in the community.

"It's tight all year long, but people want to partake in the holiday season.

And so, especially with kids, you want to make it special for them. So, you do whatever you can, and you don't want to sacrifice not paying your rent or bills to provide food and toys for your kids. If we can help lighten it a little bit, that's what we want to do," said Meger.

As part of this hamper program, residents don't just get the fixings for a holiday meal but food to help create other meals which aim to help when other nutrition programs, specifically those run out of our schools, are on pause because school is not in session.

"We provide enough stuff for a Christmas

meal, so you'll get a chicken or a turkey, potatoes, veggies, stuffing, and gravy. Then day-to-day stuff. There'll be cereal, there'll be peanut butter, spaghetti, and soups. It varies year to year depending on what the donations are," said Meger.

Each member of the family will also get a gift to help make the holidays a little brighter.

Donating to this cause is quite flexible, so that it's easier for people to find the way that fits them best.

"Big Hearts is partnering with Sel-

kirk Home Hardware to collect and deliver donations. You can support the hamper drive in many ways. You can donate monetary gifts, non-perishable food, new clothing, toys or gift cards. You can also, at your business, host a donation bin so businesses can serve as collection points. We provide the bins and arrange pickup. (Residents) can also, if they want to do cheques, they can make them payable to Big-Hearts Tri-S Community Foundation. And, at Home Hardware, we are also accepting cash donations at the till," Meger said.

**"EVERY TIN, TOY,
AND DOLLAR
COUNTS. SO,
ANYTHING
ANYBODY COULD
GIVE, EVEN IF IT'S
A SMALL CAN OF
SOUP, IT ADDS UP
TO SOMETHING
EXTRAORDINARY,"**

Financial donations can also be made at the Selkirk Army Navy & Air Force Veterans Unit 151 and the Selkirk MB Legion, Branch #42.

Financial donations are always the most versatile and helpful donations because Big Hearts can turn them into any items that they need. However, if you have an overflow of cereals, peanut butter, pancake mix, syrup, soup or anything else non-perishable, those are the types of items that really help to fill in

the gaps.

"Every tin, toy, and dollar counts. So, anything anybody could give, even if it's a small can of soup, it adds up to something extraordinary," explained Meger.

Donations are being accepted now, and they ask that all donations come in by Dec. 9, as they intend to deliver the hampers on Dec. 12 and 13 so that the families have them in plenty of time for the holidays.

Some other ways that residents can donate are at the Dec. 5 Selkirk Steel-

ers game, as Big Hearts volunteers will be there with a table. And a fun way to support while including your family or furry friend is to bring them to Home Hardware Selkirk on Dec. 6 from 10 a.m. to 1 p.m., as they will be hosting Santa and doing Santa photos with all proceeds going towards the hamper drive.

Meger encourages anyone with the means to help to support families in our community this holiday season.

"It's amazing what can grow from simple acts of kindness. This program began years ago in Kevin Christiansen's basement, believe it or not. It was a few hampers packed with care and a big heart. Now, it's blossomed into this community-wide effort that touches hundreds of families across Selkirk and in the Interlake every Christmas. So, let's keep the Big Hearts tradition alive," said Meger.

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Holiday Jingle local market returning to Selkirk this year

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By Katelyn Boulanger

With many markets taking place this holiday season, don't miss out on the Holiday Jingle, which connects handmade products and local makers to people looking to support local with their gift giving.

Christina Barr and Tennille Frost have been the founders and coordinators for this event since it started in 2018.

"Our goal has always been to do strictly handmade markets," said Barr.

"We're creating a vibe. We want it to feel like Christmas magic when you walk in," said Frost.

They start with holiday lights and a Christmas tree set up in the entrance to create the holiday atmosphere right from the beginning, and from there it continues.

"We always see people meeting up with each other there and giving hugs. It's like a reunion atmosphere. It's nice to have local handmade crafters and an old school market," said Barr.

They say that vendors span a variety of categories, including sewing, bath and body, wood-working and more and that vendors are mostly from the Interlake, and there are a few people from Winnipeg, but that Manitoba-made is very important to them.

Barr and Frost explained that they started this market in 2018 because they wanted the cozy feel of a Christmas market, along with supporting local makers, as many other markets are available in our region, but many don't have strictly local products.

"We wanted it to be like the Christmas craft sales that we went to when we were kids. I remember shopping with my mom, and we would always pick out a hand-painted ornament every Christmas. We just couldn't find anything to shop at or to feature our own wares in that had that same atmosphere," said Barr.

She explained that, in addition to being a way for local people to find local craftspeople, this market also benefits these makers.

"Some of the bigger markets, like Scattered Seeds (an annual market in Winnipeg) and ones like that, it's really priced a lot of crafters out of their markets. So, we try to keep it reasonable. We never charge an admission fee, because we want shoppers to spend those hard-earned dollars on the crafters and their wares and support them. We do usually have a tin for the bin set up for the soup kitchen and the food bank, so people can bring a tin for the bin, but it's not required for admittance. It's free to shop," said Barr.

Frost agreed, saying, "It's an awesome opportunity for local people to support local makers. The Rec. Center is a nice big hall, so we are able to have 40 makers."

In addition, Age Friendly will be running the canteen this year.

And on top of that, local gold medal-winning athlete Teagen Purvis has had her booth donated so that she can sell her art, a beautiful winter scene, on cards and gift tags. She is fundraising for her return to the Special Olympics. Purvis is not a stranger to representing Manitoba, as she created a new Canada Games record last summer while winning the 50m freestyle swim. She also won gold in the 100m backstroke and 50m backstroke.

They say that they will have a little something for everyone, from kids' stuff to baking and more.

The market takes place on Nov. 29 from 10 a.m. to 3 p.m.

Barr says that her favourite part is the atmosphere of the event.

"It's always just a great kick off to the holiday season. Just having the lights and the atmosphere and everyone is so friendly and warm, it just really always feels like the beginning of Christmas to me," she said.

They welcome people who are looking for

Continued on page 10

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Province launches midwifery services in Interlake-Eastern region

By Lana Meier

The Manitoba government is expanding access to prenatal and family health care with the launch of midwifery services in the Interlake-Eastern Regional Health Authority (IERHA).

Premier Wab Kinew and Health, Seniors and Long-Term Care Minister Uzoma Asagwara were in Selkirk this week to announce the new program, which will operate out of the Interlake-Eastern Health Services building at 100 Easton Dr.

"Our government is committed to making sure every Manitoban can access the health care they need, closer to home," Kinew said. "We are fixing our health-care system by staffing up and expanding services like this mid-

wifery program to support pregnant people and new families province-wide. This launch in the IERHA is a great step forward in delivering better care and better support for families in rural and northern Manitoba."

The program will begin with two full-time midwives who will provide a full spectrum of care, including prenatal visits, labour and birth support, newborn care, postpartum follow-up and reproductive sexual health services. The program is fully integrated with the region's existing primary care and obstetrical teams.

"Midwives offer personalized support, expertise and care that will greatly benefit pregnant people and new parents in IERHA," Asagwara

said. "By integrating midwifery into primary and obstetrical services, we are creating a more seamless and supportive experience for families throughout pregnancy, birth and the postpartum period."

For the first time in 25 years, families in the Interlake and eastern regions will have access to midwifery services, noted Sarah Harpe, president of the Midwives Association of Manitoba.

"This announcement is momentous," Harpe said. "We are hopeful for a future where Manitoba families can receive equitable access to excellent sexual, reproductive and newborn midwifery services close to home."

The new service is designed to sup-

port those who face barriers to prenatal care, said Beckie Wood, the IERHA's midwifery access and coordination lead.

"Midwifery services work with each pregnant person and their family to identify their unique physical, social and emotional needs, and to support them in having their needs met," Wood said.

Pregnant women in the IERHA can access prenatal intake by speaking with their family doctor or nurse practitioner. Self-referrals are also accepted by calling 204-482-2150 or emailing pregnatalintake@ierha.ca. The IERHA will connect all callers or referrals to either a midwife or family doctor for prenatal care.

Knox Church to host Jamaica Night fundraiser to help those affected by hurricane

Hurricane Melissa created great losses in Jamaica, and local church hoping to help

By Katelyn Boulanger

After the recent destruction left in the wake of Hurricane Melissa, Knox Presbyterian Church in Selkirk has decided to host a Jamaican-themed night, which will share Jamaican culture as well as other fundraising events to help those who no longer have what they need.

"Currently, we're having a clothes and school supply donation for people to drop off items at the church. Also, people can make a donation to Knox Presbyterian Church for hurricane relief, and they can get a tax receipt for that, and that's ongoing. And, we're also asking people to pray for the situation in Jamaica, which is just terrible," said Naggie Sterling, the minister at Knox Presbyterian Church in Selkirk.

Sterling is from Jamaica himself, and so, in addition to these fundraising drives, he's decided to share parts of Jamaican culture with a Jamaica Night where residents who attend will learn about the music, food and other unique aspects of the country.

"Jamaican Night on November 28 here at the church, starting at 6 p.m. It's on our Facebook. The idea is we'll have music and stories about Jamaica, and some Jamaican food for a contribution of \$20," he said.

"We're creating a connection with Jamaica, not just with what is happening, but with Jamaica as a whole. And that will be done through the Jamaican music, Bob Marley is known worldwide, and stories about Ja-

maica. We've done that since we've been here in other settings (but it will be) stories about Jamaica (including) what makes it beautiful. It's not beautiful right now, but stories about the before and then after and some of the stories that have come through since the disaster. And, while that is happening, we will serve (and bring together) a taste of Jamaica in its music, in its food and through its stories," said Sterling.

Some of the tastings that they will have on offer are Jamaican Jerk Chicken, and a dish called rice and peas, which is actually made with, not what Canadians would call peas, but what we refer to as kidney beans mixed with Jamaican traditional spices to create its signature taste.

They do ask that people who wish to attend call and let the church know that they are coming in advance so that they can prepare enough food for everyone.

Sterling explained that Jamaica is not unaccustomed to hurricanes, but this one was particularly devastating

because of a series of unfortunate circumstances.

"We've had hurricanes, very strong hurricanes and not so strong ones. We are more or less aware of how to prepare for hurricanes. The danger about this last one was that not only was it a very strong, the strongest since record, but it was moving at a snail's pace, which meant it was going to be sitting on the island for a long time. That's what caused a lot of the damage. It wasn't moving very fast. It came with a lot of water, and the winds were 300 kilometres an hour. It was just crazy, unimaginable. So, that had us worried. And I think being so far away makes the worry even more, because you feel very helpless," said Sterling.

He explained that as of his conversation with *Record* staff, he still wasn't able to reach certain friends and family members of his.

"We still have not heard from most of them because communications and roads have been wiped out, but thankfully, we've heard from a couple of them, and they have

managed, over time, to get word on to others. Some of them have lost their homes, but thankfully, they are still alive," he said.

The Jamaican Night event starts at 6 p.m. on Nov. 28, and they expect it to be a fun time, but only to run for about an hour and a half, so that people aren't out too late at this time of year.

Sterling encourages people who would like to learn more about Jamaican culture or who want to give a little to those in need to attend this event and check out their other fundraisers.

"More and more these natural disasters are just making us understand how small the world is, and that one person's action on one side of the world affects people on the other side of the world, which is one of the reasons storms are becoming so fierce and global warming is a present danger," he said in conclusion.



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> HOLIDAY JINGLE MARKET, FROM PG. 6

gifts or looking to browse to stop by and check it out.

"We need to support our local crafters and entrepreneurs, because it seems like we've had one hit after the other with COVID, tariffs, and Canada Post constantly on strike, and so as much as we can support them, it would be great. All of the money that you spend with local entrepreneurs stays in our community. It's not like supporting Amazon or Walmart, it's all money that's going to come back into our community and support local businesses," said Barr.

If you just can't get enough of supporting local and want to give our young people a chance to wow you, there's also a market for young entrepreneurs at the Gaynor Family Library, which will take place on Dec. 13 between 1 and 4 p.m.

"It's all handmade products, but it's kids making it. So, it's great to come and see what they've made and what their imagination can come up with and support them," said Frost.

Cadets await Remembrance Day



RECORD PHOTO SUBMITTED

Our local cadets, like their peers that came before, lined up inside the tunnels in the Selkirk Recreation Complex in advance of Remembrance Day. The cadets take part in this service annually, which remembers and acknowledges the veterans who have come before us. Local cadet leadership described this moment for the kids as one in which they are yet unsure of the future, but unified by one thing – each other.

IIU investigating officer-involved shooting in Brokenhead Ojibway Nation

Submitted by Independent Investigation Unit of Manitoba

The Independent Investigation Unit of Manitoba (IIU) is investigating an officer-involved shooting in Brokenhead Ojibway Nation.

On Nov. 15, the Manitoba First Nations Police Service (MFNPS) notified the IIU of an incident that occurred earlier that day at approximately 2:30 p.m. MFNPS officers were executing a

warrant at a residence on the First Nation when they encountered a large, aggressive dog. One officer attempted to shoot the dog, resulting in the second officer being inadvertently shot.

The injured officer was later transported to Health Sciences Centre Winnipeg, where he underwent surgery to remove a bullet from his foot.

As this incident involved serious injuries as defined under the IIU regu-

lation, the IIU is mandated to investigate.

Witnesses or individuals who have information or video footage that may assist this investigation are asked to contact the IIU toll-free at 1-844-667-6060.

The investigation is ongoing, so no further details will be provided at this time.



> CONTACT US

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View the Selkirk Record online at selkirkrecord.ca

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

TROUBLE WITH PAPER DELIVERY?

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

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Grand Marais Remembrance Day



RECORD PHOTOS BY BRETT MITCHELL

Residents enjoyed a crisp morning inside and out in Grand Marais on Remembrance Day, where they gathered to honour our veterans.



MANITOBA
BRAIN INJURY
ASSOCIATION

SELKIRK SUPPORT GROUP
Meet first Wednesday of the month
1:00-3:00 pm
at Memorial Hall
368 Jemima St., Selkirk
204 975-3280

"Supporting each other towards a new beginning"

Connections to Employment employees in Selkirk show MLA Perchotte around

Dylan Niven, Jared Rhodey, and Kayla Kiers give tours of McDonald's and Safeway

By Katelyn Boulanger

Three area residents who used Connections to Employment to help find their jobs, Dylan Niven, Jared Rhodey, and Kayla Kiers, recently took our local MLA Richard Perchotte around their workplaces to show him the value of this program in our community and also how having businesses willing to accommodate the needs of their employees makes for stronger workplaces.

Connections to Employment is a supported employment program that supports anyone with any type of disability. They operate under the umbrella of Inclusion Selkirk but are separate from Inclusion.

"We help anyone with any type of disability. You can self-refer, and there's a variety of referral sources. Essentially, we like to work individually with each of our clients to help them in relationship building, getting to know what their personal goals are, their past work history, if any, and what skill sets they might have. We help with pre-employment prepping including, resume writing, interview skills, and job searching, where we want to find the right fit. We can do some skill assessments. We also work with local businesses by building relationships so that we know what the jobs entail. We talk in advance, wherever possible, about inclusive employment and what accommodations might be necessary," explained Cheryle Bacon, Director of Community Development, Connections to Employment.

Annually, this program helps 55 to 75 people find employment in our community, and it has been operating for six years.

Bacon explained that this not only helps unemployed or underemployed people find the right fit for them, but also helps businesses.

"The benefit of our program is just being there as a liaison and helping, and overall, businesses want to do it better, too. They're just not sure how to or what they can do. And that little bit of extra support

that we offer is really beneficial," she said.

Perchotte's Day started at McDonald's in Selkirk. There he met up with Dylan Niven and Jared Rhodey and their General Manager, Kaytlyn Caldwell, who first started the tour in the back, ex-

plaining how items were organized and stored and how the two worked in that area. The three then moved to the food preparation area, where Perchotte learned the secret of how the fries are made.

He also learned about the employees themselves. Rhodey had previously worked at Skinner's Restaurant as well as the cafeteria in the high school, which meant that he already had some of the skills needed to transfer into another food service environment.

Niven's job hunt started almost ten years ago with a reverse job fair where employers looking to hire came to the library to meet people looking for work. Niven started out at Geller's Landscaping initially and was also employed at Safeway in Selkirk. He juggled those two jobs for a few years, and then when COVID hit, because of the need for frontline workers in our community, he elected to give up the landscaping job in favour of working more at Safeway. When things slowed down after COVID, Niven still wanted to work two jobs and so set out again on his job search and now works both at Safeway and at McDonald's in Selkirk.

Caldwell explained that from a business perspective, it's been great to have Niven and Rhodey in their positions because they are some of the most consistent employees she's ever had.

"These are some of my hardest-working employees. They bust their tails every day. Always coming in with a positive attitude," said Caldwell.

For their parts, Rhodey and Niven say they are glad to have the work.

"I'm just happy to have a job. Just have fun with people I can actually finally talk to," said Rhodey.

"I can be happy and positive in this workplace," said Niven.

Niven and Perchotte then headed over to the Safeway to talk about his role there and meet up with Kiers, Store Manager Jocelyne Chaddock, and Assistant Store Manager Rose McGimpsey.

The Safeway tour started at the front of the store in the aisles, where the group met up with Kiers as she was doing some shelving of fresh-cut fruit. From there, Kiers led the way to her station, doing food prep at the back of the store. After Kiers, Perchotte once again had Niven showing him around, starting at the back of the store, where everything is organized, unloaded, and the stocking is done from. The tour ended with an explanation of how the cashier station works.

Kiers works in the preparation of fresh foods area, including fruits, at Safeway and is versed in proper food handling procedures and the use of the PPE needed for the job. Her schedule is very regular, and with a recent shift to more independence in her personal life, that regular schedule is what works for her.

Niven, in his position at Safeway, is currently working stocking the store but has been learning new skills with hopes of moving to a role with more responsibility in the future. This is something that he's supported in doing by Safeway's management.

Kiers said that her favourite part of her job is everything. She also enjoys the social aspect of her job and her fellow employees.

Chaddock also spoke about the reliability of her Connections to Employment employees and had some positive things to say about them integrating into the workplace and everyone being better for it.

"We all have something to contribute, and it's really nice for all of us to see. When we've got someone



RECORD PHOTOS BY KATELYN BOULANGER

Above: Dylan Niven and Jared Rhodey showing MLA Richard Perchotte around McDonald's. Below: Perchotte and Kayla Kiers laughing during the Safeway tour.



from a program like Inclusion or someone with different abilities, it really knocks down a lot of those preconceived notions, right? We think we know what people are capable or not capable of, and it really shows us that we're wrong. It also is really great for other community members who may have different abilities to come in and say, 'Hey, maybe I can do that,' or 'Maybe my kid can come and work here'," she said.

Overall, it was a very successful tour of both businesses, and Perchotte was very impressed by the workers and the employers.

"What I witnessed today was a clear sense of belonging in both of the institutions that I went to. McDonald's and Safeway go out of their way to open an area for people to come in and just feel like they belong in the workplace," he said.

Being a business owner himself, Perchotte knows how important good employees are to a workplace.

"When you have people that show up to work because they want to be at the job, it's not so much the role, but the environment that they're in, and then they'll help you be a better company," he explained.

He felt that the employees he chatted with were passionate about their positions and was glad to see this program working so well. Perchotte also encourages other business owners who are interested in Connections to Employment to learn more and see if it's the right fit for them.

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Sat Nov 15th - Comedic Hypnotist MATAO Doors 7pm

Fri Nov 21st - Turkey, Ham & Meat BINGO Doors 6pm

Fri Nov 28th - Christmas Movie Marathon
- Start time @5pm, 7pm, 9pm

Sat Nov 29th - Christmas Movie Marathon -
Start time @1pm, 3pm, 9pm

Sun Nov 30th - Christmas Movie Marathon -
Start time @1pm, 3pm, 5pm, 7pm

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Hearthstone supports families with inclusive programs and care

By E. Antonio

Hearthstone Community Group strives to be an accepting place for clients, staff and families, and according to general manager Lori Zdebiak, it's one of Selkirk's "best kept secrets."

Hearthstone is a community living and social program for adults and youth with intellectual disabilities. It offers day program services, before- and after-school care, and residential housing for those needing full-time support. "We are here for our participants, our staff and our families," Zdebiak said.

The organization first opened in 1992 and now supports nearly 60 individuals while employing almost 100 staff members. Zdebiak says Hearthstone is proud of the day program they've developed, which runs extended hours — from as early as 6 a.m. to as late as 6 p.m. — to accommodate families' schedules. Activities include crafts, games and social outings to places like the grocery store, zoo, bowling alley or movies. The facility includes a kitchen, salon, laundry, music room, quiet rooms, movie theatre and fitness room. Spots are currently available, and Zdebiak says getting started is simple: "If you are eligible for Community Living Disability Services (CLDS), you can get day programming."

Their before- and after-school program is available for youth ages 14 and older, operating out of the day program facility to provide care outside of school hours. Applying for residential services takes more time, as placements are determined by the government and there is often a wait-list for homes.

Hearthstone holds Imagine Canada and Gentle Teaching accreditation — two programs Zdebiak considers the organization's foundation. As a mom to an adult with an intellectual disability, she knows how influential these services are. "I was once told my daughter would go through 600 support workers in her lifetime," she said. "Gentle Teaching reframes that. It means she'll have 600 people who love and care about her."

Gentle Teaching is based on four principles: safe, loved, loving and engaged. All staff complete biannual Gentle Teaching training sessions and receive one of three certification levels. "If you cannot Gentle Teach, you cannot be successful here," Zdebiak said. "It's the core of the organization."

Imagine Canada, meanwhile, ensures Hearthstone maintains strong financial, HR and fundraising standards. Of 86 similar organizations



Jeremy, a Hearstone day program participant, enjoys spending time with dogs through the Gentle Pets program. Hearstone is seeking a volunteer to help run the program.

operating in Manitoba, only one other program has Imagine Canada accreditation — "and I think that's pretty neat for us," Zdebiak added.

Currently, about 30 individuals participate in daytime programming, while 29 individuals live in one of Hearthstone's nine homes. "We are sustainable," Zdebiak said. "Families can rely on us to be here for years to come."

Other features unique to Hearstone include its internal transportation system, medical support — such as tube feeding and medication administration — and end-of-life care. The organization operates five vehicles, including accessible vans and buses, and allows individuals to age in their care. A memorial tree in their facility honours those they've supported to the end. "It will never be our goal to cease support to people that are dying," Zdebiak noted.

Hearthstone has also helped launch the careers of new Manitoba doctors by employing immigrants as they worked toward medical certification. Over the last decade, the organization has doubled its staffing numbers, providing meaningful careers for individuals from both near and far.

Another recent accomplishment was opening their community garden at the West Vaughan location earlier this year, offering something for the entire community to enjoy. "It's just something to show the community who we are," Zdebiak added.

Looking ahead, Hearstone hopes to recruit more board members and gain the City of Selkirk's support to complete their parking lot. "We want people to know we are good stewards of employment, and our staff deserve



RECORD PHOTO BY E. ANTONIO

Hearthstone Community Group provides day program, before- and after-school, and residential services for adults and youth with intellectual disabilities in the Selkirk area. Pictured are Hearstone day program staff and participants outside their program facility.

a safe place to park," she said. "We want enough presence that people understand that this is a quality organization and they should consider board membership."

They are also seeking a motivated volunteer to lead Gentle Pets — a program that allows participants to interact with volunteer dogs. "I'm looking for someone that wants to be a champion of the program. I'm looking for somebody that's really into dogs, or a groomer, perhaps, because we have a dog washing station and everything set up down there — we just need somebody to enliven this program again."

They are offering a free grooming space to a partner who can help keep the program running. Zdebiak says seeing everyone interact with the dogs is a reward in itself. Hearstone participants even bake and sell

treats for the dogs in-house.

"You should see their faces light up when they get to be with the dogs," she added.

Anyone interested in Hearstone's services is asked to contact Zdebiak at Lori.Zdebiak@HCGInc.ca or 204-817-1996.

The Anglican Parish of St. Peter, Dynevor
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A SELKIRK BIZ INITIATIVE

IT'S ALL RIGHT HERE

Free seminar helps grieving individuals to navigate the holidays

By Jennifer McFee

The holidays can be challenging for those who are experiencing grief.

An upcoming GriefShare seminar aims to provide encouragement, support and tools to help grieving individuals to navigate the holiday season. The Nov. 30 event at New Life Church in Stonewall will be a two-hour dessert night with a 40-minute video as well as some time for sharing.

"Surviving the Holidays is a one-time GriefShare event. Whether this is the first, second or 10th holiday after your loved one's death, the emotions that may arise in the days ahead can blindsides you," said Allison Emmer of Heroic Family Mission.

"Surviving the Holidays is meant to guide you through the rough patches and curves of the holiday season by providing support and direction to navigate the holidays in a healthy way."

The Nov. 30 event is geared for those who have been bereaved or who are supporting someone who has experienced this type of loss.

Emmer said her friend Shirley Thiesen, who wrote *Little Black Funeral Dress: 5 Things I Wish I Knew About Grief*, explained that holidays are difficult because intact families are gathering yet some families are missing a loved one — and the gap they leave behind is bigger than anticipated. Friends are often silent or unsure if they should acknowledge the loss.

For those who are supporting others, Emmer points to Thiessen's website <https://cornerbend.com> for some useful resources. She also suggests several strategies to help people cope.

"While everyone is different and we grieve differently, for some coping means skipping the 'normal' things that are done on a holiday — maybe going on a trip instead of being at home," Emmer said.

She said Thiessen skipped Christmas the first year after she lost her son. The second year, she found comfort in adding ornaments to the tree that represented her son, while also lighting a candle and talking about him.

Yet for Emmer, the path looked different after the loss of her husband Paul, who died in December 2023 after a three-year cancer battle.

"Unlike Shirley, as my family has navigated a few holidays without Paul, I have found it helpful to do similar things to what we used to do. We love to celebrate in ways that Paul would have enjoyed," she said.



PHOTO SUBMITTED

Allison Emmer of Heroic Family Mission is helping organize "Surviving the Holidays," a one-night GriefShare seminar at New Life Church in Stonewall on Nov. 30.

"The goal of Surviving the Holidays is to give a variety of ideas so each participant can figure out what might work best for them where they are at."

If you're unsure how to support a grieving friend, Emmer suggests a few options.

"Choose to invite them to Christmas gatherings. Don't say their 'no' for them. Grief needs to be dosed with some social interaction. Give the griever freedom to arrive late and leave early or not attend at all. Remove expectations. Say the name of their loved one who died. Give the gift of sharing a story, a picture or memory of their person. Remind your grieving friend that they are loved and their person will not be forgotten," she said.

"Be patiently present. Offer to do the Christmas baking, shovel the driveway all December, string the house lights or buy gifts. Ultimately, being sensitive means not ignoring their sorrow or pretending their loss didn't happen."

Surviving the Holidays runs from 6:30 to 8:30 p.m. on Sunday, Nov. 30 at New Life Church (6106E Highway 67, Stonewall). The event is free but pre-registration is encouraged so that the organizers can prepare. Registration can be done online at GriefShare.org or by calling the church office at 204-467-5529.

Visit griefshare.org/holidays to learn more.



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BRITTANY HIEBERT
The Selkirk Record
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Giving big this Giving Week



RECORD PHOTO BY KATELYN BOULANGER

This week, the Selkirk & District Community Foundation(SDCF) hosted their Giving Week, where from Nov. 10-16, donations to the Selkirk & District Community Foundation were stretched by EndowMB and the Manitoba Government, making them go even further. One group that took advantage of this was the Lily Pad Cruisers Car Club, which has been creating a fund so that they can reliably donate to the causes in Selkirk that are important to them, even if the group were to have a slow fundraising year. This year they donated \$12,500. Pictured: Deborah Vitt, SDCF Chair; Cruiser Alf Scmalk; Meredith Boerchers, SDCF Community Development Officer; Cruiser Dave Chorney; and Cruiser Dale Hiscock.

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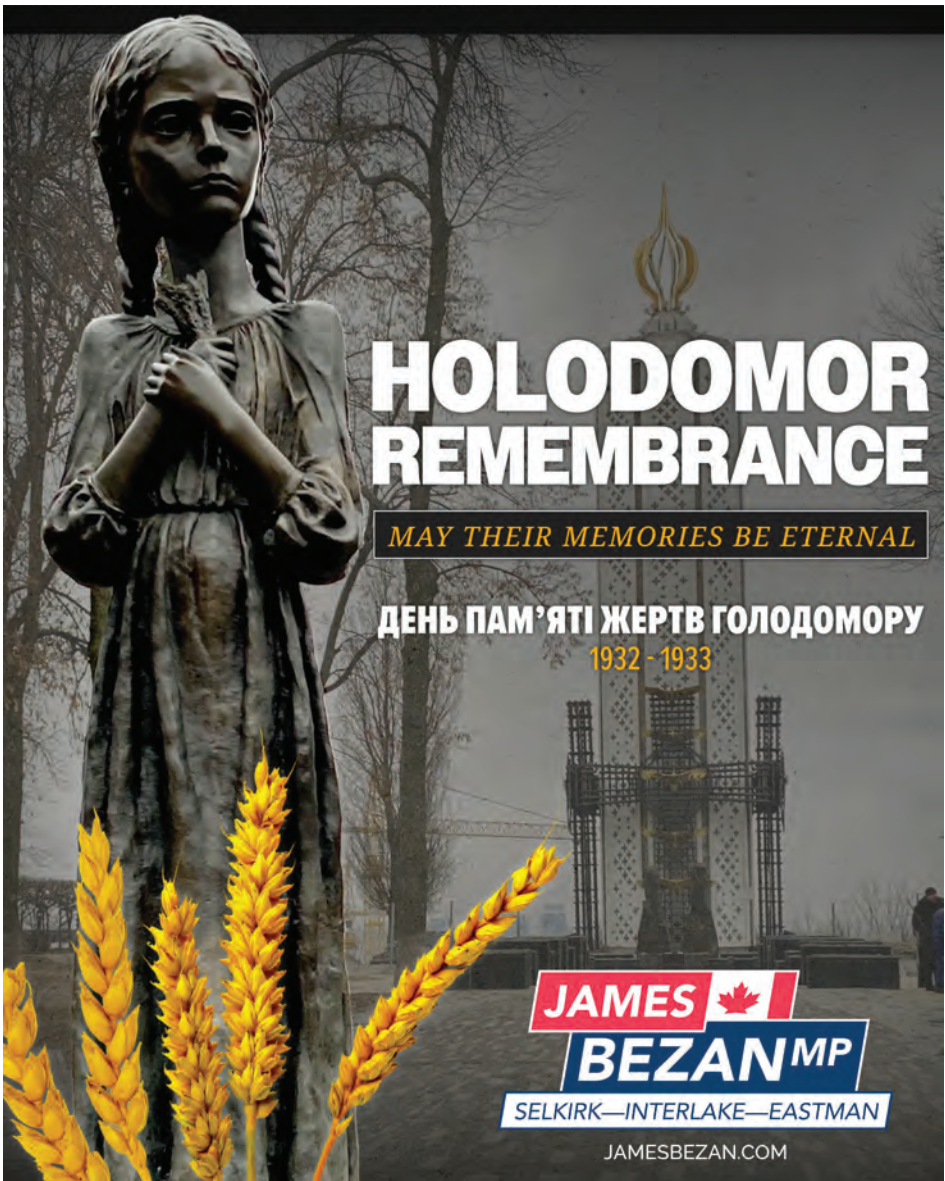
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Nearly 1,000 Manitobans have cut back on nicotine – now it's your turn

By Haley Cvar

Manitobans looking to quit smoking or vaping are being encouraged to take part in a free province-wide challenge aimed at helping residents break nicotine addiction ahead of the holiday season.

The Manitoba Lung Association is launching its Quit Nicotine for the Holidays Challenge on Nov. 15, offering a guided 30-day program through ManitobaQuits that combines expert

advice, daily motivation and community support.

"Quitting isn't just about willpower — it's about support, strategy, and community," said Juliette Mucha, the association's president and CEO. "When people join this challenge, they're not doing it alone. They're part of a movement of Manitobans choosing to breathe easier and live better."

Participants receive daily messages

from certified quit coaches, access to proven craving-management strategies, coping tools, and an online support group of people quitting together. Weekly prize draws and a grand-prize giveaway are also part of the month-long program.

"Whether you've tried quitting before or are just ready to take the first step, this challenge gives you practical tools and encouragement to finally make it stick," said Hailey Coleman,



Continued on page 19

SELKIRK STEELERS MONSTER

FRIDAY, NOV 21, 2025

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Doors open: 3:30pm • Regular Bingo starts: 6:30pm

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One Line The Hard Way (No Free Space)
Two Lines The Hard Way (No Free Space)

Game 2. AQUA

One Postage Stamp
Two Postage Stamps

Game 3. PURPLE

Six Pack (Anywhere)
Block of Nine

Game 4. LIME

Outside Line
Letter "L" (Any Way)

Game 5. PEACH

One Line Any Way
2 Lines Any Way

Game 6. ORANGE

Letter "V" (Any Way)
Letter "X"

Game 7. BROWN

"B" Line or "O" Line
Letter "M" (the right way)

Game 8. GREY

One Diagonal Line
Letter "X"

15 MINUTE INTERMISSION

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BONANZA PICK 7

Game 9. NAVY
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Intense solar activity brings bright auroras to Interlake



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By Lana Meier

Manitobans are witnessing an unusually active stretch of solar weather this week, creating widespread displays of northern lights and prompting renewed attention to a rare space-weather phenomenon.

A cluster of powerful solar storms has reached Earth over the past several days, the result of multiple coronal mass ejections (CMEs) erupting from the sun. When these charged particles interact with Earth's magnetic field, they generate geomagnetic

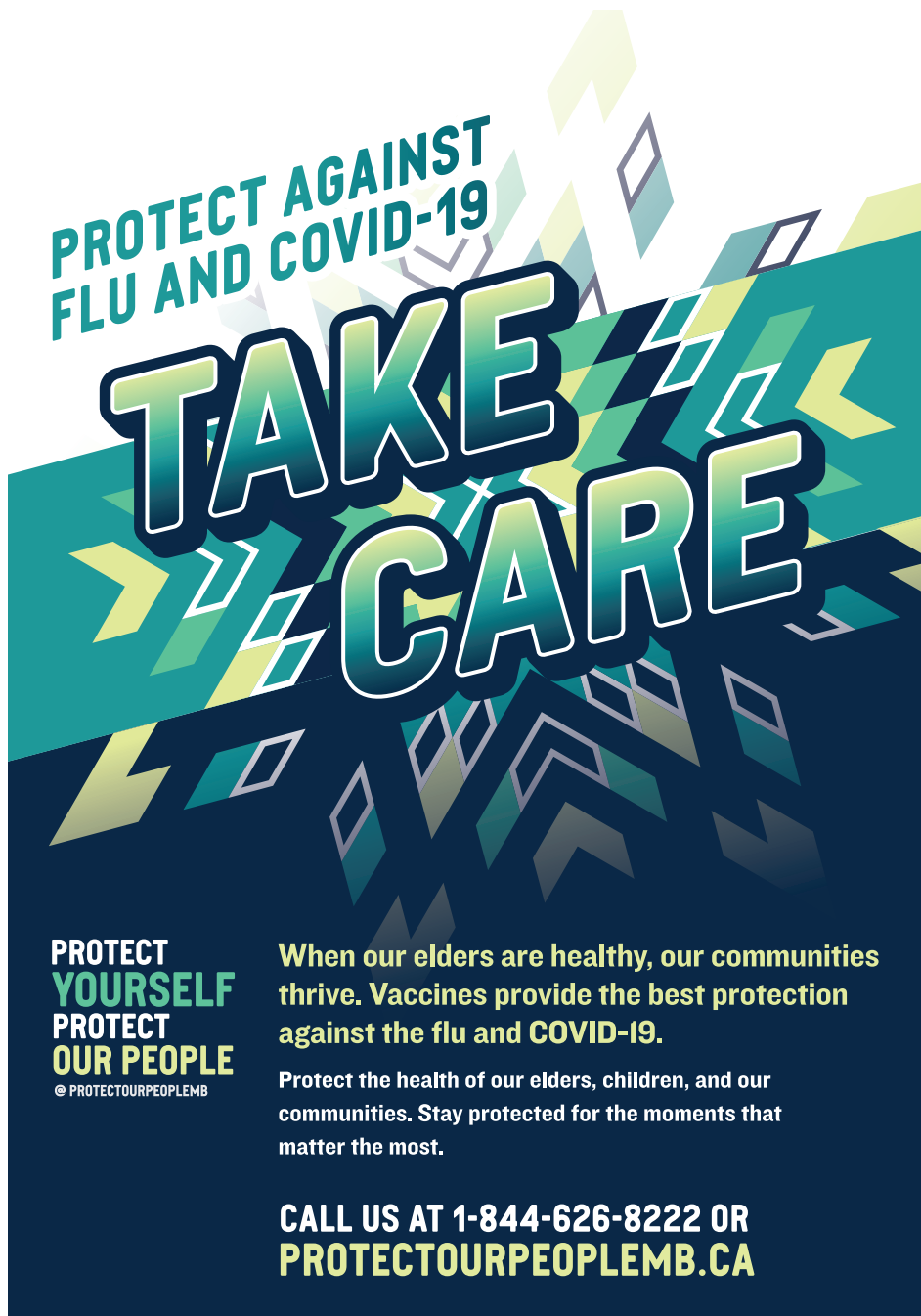
storms strong enough to push auroras far beyond their typical northern range. This week, the lights have been visible across southern Manitoba, including areas where sightings are far less common.

Remarkably, the same solar event has caused auroras to appear much farther south than usual in the United States. Meteorologists report that residents in Florida were able to glimpse

Continued on page 19



RECORD PHOTOS BY JESSICA HOLOD, WESTYN STANLEY AND JO-ANNE PROCTER
Brilliant northern lights ripple over rural Manitoba this week as an unusually strong series of solar storms pushes the auroral oval far south, creating vivid displays visible across the province — and even as far as Florida.



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Shoppers donation



RECORD PHOTOS BY BRETT MITCHELL

Shoppers Drug Mart Selkirk sold \$1410 in Steeler Jersey raffle tickets in the store plus another \$690 at Friday night's Shoppers Drug Mart Night Steeler game, for a total of \$2100, which will be donated to the Look Good Feel Better organization. Learn more at [https:// lookgoodfeelbetter.org/](https://lookgoodfeelbetter.org/).

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National Addictions Awareness Week (NAAW) is November 16–22, 2025.

NAAW highlights solutions that help address the harms related to the use of alcohol and other drugs.

~ Anchoring Hope ~

Every year, Manitoba Substance Use and Addictions Awareness Week provides an opportunity for Manitobans from all walks of life to engage in meaningful discussions and explore solutions for addressing the harms caused by substance use and addictions.

In 2025 the Manitoba Substance Use and Addictions Awareness Week runs from Nov. 16-22 and the theme is Anchoring Hope. Working in the substance use health field and addressing its challenges can result in different experiences, ideas and opinions for individuals, families and communities. At times, it can be challenging to agree on the best ways to address these issues in Canada. Hope is an optimistic state of mind that holds expectations for positive outcomes.

Exploring and discussing substance use health can lead to positive outcomes such as connections and growth. Yet the challenges and grief in the field cannot be unstated. In recent years, tens of thousands of people from across Canada died because of the unpredictable drug supply. We need effective, holistic, whole-of-government community action that is rooted in evidence and compassion. We need to work together to identify and reach common goals. And more than anything else, we need hope — hope for a brighter future for improved health and wellness for all people living in Canada.



Finding help for addiction

Anyone thinking about seeking help for addiction should know that they are not alone. The 2022 United States National Survey on Drug Use and Health indicates 46.8 million Americans age 12 and older battled a substance use disorder in the previous 12 months. In addition, 10.5 percent of Americans 12 and older had an alcohol use disorder in the past year.

Alcohol is the most commonly abused drug in Canada, followed by nicotine/tobacco and cannabis. An estimated 3 percent of Canadians have used one of five illegal drugs in the past year, and that rate increases to 4 percent among youths between the ages of 15 and 19.

Substance abuse is not only expensive, but also dangerous. Addiction can cause health problems and damage relationships. Use of illicit substances and alcohol also can cause death. Taking the first step to enter treatment is seldom easy, but it can prove beneficial in the long run. Here's how to start the journey to recovery.

- Be honest with yourself. The first step to recovering from a substance use disorder is to recognize you have a problem. You are not alone in this battle, and it can take great courage

to admit your missteps. Be proud of yourself for wanting to get help, even if you haven't quit just yet.

- Reach out to friends and family. WebMD says a close family member or friend can be one of your biggest supporters as you take steps to recover. Although you cannot be entirely sure how they will react to the news, family and close friends may already suspect a substance abuse problem.

- Be receptive to an intervention. Sometimes it takes the collective efforts of friends and family to help addicts realize they have people in their corner willing to help them recover. Sometimes interventions are surprises, other times they are not. Listen to what others have to say and how they may be willing to help you change patterns that lead to continued substance abuse.

- Work with an addiction professional. The Mayo Clinic says an addiction professional is usually a licensed alcohol and drug counselor, social worker, psychologist, or psychiatrist. Medical experts have realized that addiction is an illness and not just a matter of bolstering one's willpower. Therefore, enlisting a professional to suggest the

best approaches to treatment and follow-up can lay a foundation for a successful recovery.

- Speak with a doctor. It may be intimidating to admit you need help, and if you don't feel comfortable speaking with family, you can speak with your doctor. A doctor is responsible for keeping anything you say to him or her confidential. A doctor may refer you to a substance abuse professional who can prescribe medications that could make it easier to stop using a substance and ease withdrawal symptoms. If alcohol or drugs are being used to cope, a doctor also may suggest alternatives that can treat the addiction. Alcohol or drugs may be making it difficult to climb out of the hole.

Addiction can seem like an insurmountable hole to climb out of. However, with help, people can get on the road to recovery.

Thanks to all who supported this project



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> QUITTING NICOTINE, FROM PG. 14

a certified tobacco educator with the association.

Nearly 1,000 Manitobans have already reduced or quit nicotine through previous challenges. Testimonials highlight the value of having support during the process.

"Over the years, I tried to quit so many times but only made it a few days," one participant said. "With this group, I reached day 21 — and it amazed me how sup-

portive everyone was."

Another participant said the program helped them quit long-term: "I quit a year and two months ago through this challenge, and I still join the group to stay quit."

Registration is now open at mb.lung.ca/fallquitchallenge. Participation is free, and the program is open to anyone looking to quit smoking or vaping or support someone who is.

> AURORAS LIGHT UP THE SKY, FROM PG. 16

the northern lights during the early-morning hours of one recent night.

The sun is currently approaching the peak of Solar Cycle 25, an 11-year cycle marked by increased sunspots, flares and eruptions. Scientists note that while solar maximums occur regularly, the intensity and frequency of this week's activity make the current stretch particularly unusual. Several CMEs have arrived in rapid succession, amplifying geomagnetic effects and contributing to brighter, more widespread auroral displays.

In addition to the colourful skies, solar storms can influence technology and infrastructure. Strong geomagnetic activity has the potential to affect radio communications, GPS accuracy and, in severe cases, electrical grids. Manitoba Hydro has been monitoring conditions throughout the week, though no disruptions have been reported.

Clear evening skies across much of the province have given residents ideal viewing conditions for the phenomenon. Rural areas with minimal light pollution have seen especially vivid colours, with greens, purples and reds appearing shortly after nightfall.

The heightened solar activity is expected to continue as long as sunspot regions remain active. Forecasters suggest there may be additional opportunities to view auroras over the coming days when skies cooperate.

For many Manitobans, the rare stretch of solar activity has offered a striking reminder of the province's northern location and the natural forces at work far beyond Earth's atmosphere.



RECORD PHOTOS BY JESSICA HOLOD, WESTYN STANLEY AND JO-ANNE PROCTER

The auroras were green, pink and blue.



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CAR CARE

Don't let WINTER SNEAK UP ON YOU!

MPI helps Manitobans navigate snow and ice with Winter Tire Program

By Lana Meier

As Manitobans pull their winter boots out of the closet and brace for another Prairie winter, Manitoba Public Insurance (MPI) is reminding everyone that it is just as important to think about what your vehicle is using when in contact with snow and ice. Winter months show the highest number of collisions reported to MPI, and not enough traction is one of the contributing factors. The MPI Winter Tire Program provides low-interest financing up to \$2,000 to help Manitobans purchase winter tires.

"MPI is committed to safety and affordability, and our Winter Tire Program addresses both of these issues," said Maria Campos, Vice President & Chief Customer and Product Officer. "Winter tires reduce collisions by 6.3% and vehicles with winter tires may experience less damage severity in crashes. Winter tires are a simple step Manitobans can take to be safer on the road in winter months. Since the program started in 2014, we have given out 272,000 loans amounting to \$362.9 million."

Investing in a set of winter tires can be expensive, which MPI aims to make more affordable for Manitobans through the Winter Tire Program. Customers can get started by visiting any of the 655 participating tire retailers across the province to apply for the program. Financing terms are between one and four years. The retailer will confirm eligibility and begin the loan authorization process. Manitobans can check their eligibility and learn more about the program at mpi.mb.ca/winter-tire-program.

Winter tires should be installed when temperatures stay below +7°C. They are made with flexible rubber compounds for better grip in winter

conditions, and they have better traction at -30°C or -40°C than all-season tires.

Many Manitobans believe that all-season tires are sufficient, but tests show a full set of winter tires stop much faster on ice. All-wheel drive (AWD) and four-wheel drive (4WD) vehicles should also be equipped with winter tires, as the AWD and 4WD helps with acceleration, not braking or turning corners.

MPI is dedicated to making roads safer during winter months and offers free 45-minute presentations to help licensed drivers brush up on winter driving skills. These presentations can assist anyone, whether they are new to winter in Manitoba or have lived here their entire life and are looking to be more confident behind the wheel. Interested groups or organizations with 10 or more participants can visit mpi.mb.ca/communityrelations to request an in-person or virtual presentation this season.

WINTER DRIVING TIPS

BEFORE YOU DRIVE:

- Clear snow, ice, and frost from your vehicle BEFORE you drive. This includes the hood, trunk, and roof. You want to see and be seen.
- Ensure your wheel wells are clear of any snow build-up as that can affect your ability to steer the vehicle.
- Make sure your windshield washer fluid is topped up and rated for winter use to keep your windows clear of snow and ice and your line of vision clear.
- Plan ahead. Before you leave, check weather and road conditions by calling 511. If

Continued on page 21

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Churchill port expansion strengthened by joint funding

By Haley Cvar

Prime Minister Mark Carney and Manitoba Premier Wab Kinew said Ottawa and Manitoba are deepening their partnership to advance major economic projects, with a particular focus on the Port of Churchill and related northern infrastructure.

In a joint statement on Nov. 16, the two leaders said they are aligned on expanding Canada's trade capacity through new "nation-building" infrastructure — including ports, mines and northern trade corridors — and emphasized the importance of involving Indigenous communities early in project development.

Manitoba's proposed Crown-Indigenous Corporation (MCIC), which aims to ensure Indigenous participation and leadership in major projects, fits squarely within those goals, they said.

The Port of Churchill Plus initiative is one of seven national "transformative strategies" identified by the federal Major Projects Office. Both governments say expanded export capacity through Hudson Bay will strengthen links between Churchill and the rest of Canada, while opening new pathways for trade with Europe

and other global partners.

Since the strategy was added to the federal list on Sept. 11, Manitoba and Ottawa have been working on a project charter and business case to move the file forward. Once the MCIC board is established, the corporation will become a full partner in planning and development.

Carney and Kinew said the work is advancing quickly, with governments reviewing business cases for infrastructure needed to support private-

sector investment, competitive economic development and long-term national interests.

As part of the joint effort, the federal government will fund a feasibility study by the Arctic Research Foundation on the future use of specialized icebreakers, ice tugs and research vessels at Churchill.

Kinew also announced \$51 million for the Arctic Gateway Group to upgrade the Hudson Bay rail line and

build a new critical-minerals storage facility at the port. The province has now committed \$87.5 million to Churchill-related projects. Combined with federal dollars — including \$175 million announced in March — the total joint investment over five years is \$262.5 million.

Carney and Kinew said they plan to release the full strategy and plan for Churchill in the spring of 2026.

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> WINTER TIRES, FROM PG. 20

road conditions are unfavourable, the safest strategy is to avoid driving. If you must head out, give yourself extra time to get to your destination safely and advise someone of the route you are taking as well as your estimated arrival time.

While driving:

- Slow down. Posted speed limits are for ideal travel conditions. Ice is common on winter roads, especially on bridges and overpasses. Slowing down helps maintain traction and decrease your stopping distance.

- Do not use cruise control. On winter roads, you want to maintain full control of your vehicle.

- Leave more space. Following distance should be increased on winter roads, especially when travelling at higher speeds or in poor visibility. Traction is reduced when roads are slippery, which means an increase in the time it takes to come to a complete stop.

- Be aware. Watch for pedestrians, as snowbanks can reduce lines of sight and make it difficult to see a pedestrian step onto the roadway. Snow can also impede your vision at intersections. Advance cautiously and lean forward to improve your view.

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DECORATING TREND

Monochrome: simple yet surprising!

The monochrome look, often referred to as “colour drenching,” is a decorating trend that involves saturating a space in a single colour. This original style is gaining popularity. Here’s how you can incorporate it into your home.

Do you want to try a monochrome look in your home? The basics are simple. Start by choosing a colour you love. Use that shade exclusively to paint the walls, ceiling,

ing, mouldings, doors, and door and window frames.

The monochrome look eliminates visual boundaries, magically making your room feel more spacious. No wonder the monochrome look is a favourite design trend for small spaces! For an even more immersive effect, choose accessories such as rugs, vases, curtains, cushions and duvets in shades from the same colour palette.

That said, embracing this trend doesn’t mean you must forgo metal or natural wood elements. In fact, these materials can provide a beautiful contrast to the monochromatic look.

Fans of colour drenching believe that painting a room in a single colour, especially a closed space like a bedroom or bathroom, creates a soothing cocoon effect. If you want a more spacious feel, choose a lighter dominant shade. For a more dramatic ambiance, opt for a deeper hue.



Are you ready to try out this eye-catching style? Visit your local home renovation or decorating supply stores to find everything you need to get started.

3800 Henderson Hwy, East St. Paul - \$2,199,900 Discover this exquisite 4,110 SF riverfront two-storey estate set on 2.5 acres in desirable East St. Paul. Expansive windows bathe the home in natural light, showcasing an inviting living area with a cozy fireplace and an elegant, open dining space. The gourmet kitchen impresses with quartz countertops, a grand island, built-in stainless steel appliances, dual ovens, and an oversized fridge. Upstairs, a spacious loft leads to the serene primary suite featuring a private balcony, floor-to-ceiling mirrored closets, and a spa-inspired 4-piece ensuite. Three additional bedrooms and a dual vanity bathroom complete the upper level. The lower level offers an expansive rec room with a 3-piece bath, ideal for family gatherings and entertaining. A versatile workshop, currently a gym, and a quadruple detached garage provide exceptional flexibility and storage. Step into the sunroom and out to your private resort-style oasis with an in-ground pool, hot tub, volleyball court, outdoor bar, raised deck, cozy fire pit and private dock. This extraordinary property embodies timeless elegance, comfort, and luxury in one of East St. Paul's most coveted settings.

42008 94N Road, Gull Lake - \$999,900 Newer custom-built home nestled on a sprawling 133.91-acre compound, offering a unique blend of residential comfort, business potential, and development possibilities. Step inside to a spacious mudroom entry that opens into a bright and airy open-concept living area, seamlessly connected to the dining room and a well-appointed kitchen. The primary suite features a 3-piece ensuite, while two additional bedrooms and a full bathroom complete this thoughtfully designed home. A summer kitchen and a double detached garage add even more versatility. Outdoors, the amenities continue with a large heated shop equipped with 14-foot overhead doors for vehicles and equipment. Two hoop buildings provide additional storage! While the property is not zoned commercial, current owners hold permits to run their businesses on-site, making this an ideal setup for entrepreneurs. The expansive land and existing infrastructure present excellent development potential – whether you're expanding operations or envisioning a new venture. This property is a canvas for your next big move. Whether you're looking to live, work, or build, potential awaits!

42176 PR 503 Rd, Reynolds - \$479,900 Situated on a 3.8 acre park-like lot backing onto the Whitemouth River is this 1320 SF, 2 bedroom, 1 bathroom bungalow featuring neutral tones, ample natural light throughout, and a stunning 3 season sunroom with heated floors! The entrance also offers heated floors and direct access to the sunroom and backyard - the perfect spot to sip on your morning coffee! The living room features a cozy wood burning fireplace and French doors to the bright and airy office. The kitchen offers plenty of cabinet space, tiled backsplash, stainless steel appliances, and a dining area overlooking the backyard. Two spacious bedrooms, a 4 piece bathroom with heated floors, and a laundry room completes the main floor. Your inner green thumb will love the large garden space! Spend the sunny summer days lounging in your landscaped backyard overlooking the nearby creek! Enjoy a double attached garage, a double detached garage (shingles 2024) and plenty of storage space for your tools and toys!

6524 Henderson Hwy, St. Clements - \$549,900 OPPORTUNITY KNOCKS! Long term seller retiring. Fantastic opportunity to build and grow your business on this 3.33 acre lot situated on a treed riverfront yard site, with a fenced compound with multiple out buildings. This property features a huge 4,800 SF heated quonset shop. Perfect location with many options available, run a business, fix and store vehicles or many other endeavours. The bungalow house requires TLC and has 2 bedrooms and 1 bathroom. Sold in as is condition, don't miss out on the great opportunity!

1041 Blackdale Rd, West St. Paul - \$389,900 Rarely do you find nearly 10 acres of land just minutes from the perimeter in such a highly sought-after location. This property offers endless potential! Secure a solid existing home that's livable but in need of some TLC, or start fresh and build your dream home on this expansive, private lot. Enjoy the peace and space of country living while staying close to city conveniences. Get into West St. Paul for under \$400,000! New well installed in 2024. Home is sold in as-is condition.

840 Bowen Ave, East St. Paul - \$995,000 Welcome to this exquisite 2583 sqft residence, masterfully crafted by Irwin Homes and set on a beautifully landscaped 2-acre estate in the highly sought-after community of East St. Paul. The main floor showcases 12' and 9' ceilings, rich oak wainscoting, and a spectacular fireplace in the great room. The gourmet eat-in kitchen features granite countertops, a large island, and top-tier built-in appliances. A bright office/bedroom, second bedroom, and a 4-piece bath offer flexible and functional living. The spacious primary suite is a true retreat, complete with a newly renovated 4-piece ensuite. The finished lower level offers a large rec room with a wood-burning stove, full bathroom, and two additional bedrooms—ideal for guests or extended family. Premium upgrades include a new well and pump (2022), high-efficiency Amana furnace (2024), and a full emergency generator system. Outside, enjoy the serenity of a private lanai, granite waterfall feature, patio, firepit, irrigation system, and an insulated triple garage. A rare offering of refined craftsmanship, modern comfort, and timeless design.

302 Bouchard Road, Petersfield - \$899,999 Rare opportunity on your own private sandy beach! Nearly 5000 sqft of custom-built luxury designed by the original owner! The main level offers a spacious 3-bedroom layout, while the fully finished walk-out basement provides a 2-bedroom suite. The kitchen is complete with granite counters, walk-in pantry, a dry bar, and direct access to a large Duradek w/ glass railings and a gas BBQ hookup. The primary suite has its own deck, gas fireplace, walk-in closet, and ensuite boasting an air tub, dual sinks, tiled shower, private water closet, and an open-concept layout w/ the option to close it off. The lower level impresses with a 20'x63' recreation room, kitchenette/bar, in-floor heating, lake views, home theater, full bath w/ tub/shower, 2 bedrooms, and abundant storage. Enjoy year-round relaxation with a screened sunroom, stone patio, oversized hot tub, and fire pit. The yard also features a fenced dog run with heated doghouse, and mature trees. For hobbyists or collectors, the heated 38'x38' attached garage/workshop is a dream fitting up to 7 vehicles, with two 9' overhead doors that easily fit trucks and trailers.

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oxygen for a second burn. This process can elevate temperatures to 850 C or higher.

This intense heat destroys fine particles and creosote, reducing the risk of buildup in the chimney. Plus, masonry heaters provide an even heat exchange, preventing uncomfortable overheating.

Advantages

Although masonry heaters are more expensive upfront than conventional wood stoves, they burn wood more completely, leaving minimal residue behind. This efficiency can save you money in the long run.

Additionally, a masonry heater can enhance the esthetic appeal of your home. Made from sturdy materials like brick, granite or marble, it can add remarkable character to your space. Some models even feature a built-in bread oven.

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Your FARM



Linear Grain purchases Fannystelle grain elevator from Bunge

By Haley Cvar

A long-time local grain company has expanded its footprint in southern Manitoba with the acquisition of the Fannystelle grain elevator.

Linear Grain Inc., based in Carman, confirmed this week it has purchased the elevator from Bunge. The transaction closed Nov. 5 and operations are already underway under Linear Grain ownership, with both existing employees retained to ensure continuity of service.

President and merchandising manager Ryan McKnight said the acquisition aligns with the company's long-term growth plans and strengthens delivery and marketing options for producers.

"We have been wanting to expand our storage capacity over the past few years in Carman and have plans to do so in the future," McKnight said. "When this opportunity came up, we were very interested. We have also been looking to get on the CPKC rail line for many years, and this gave us that opportunity. This will add additional marketing options for us and for the customers we purchase grain from."

Linear Grain currently ships on the CN through Central Manitoba Railway and also has access to BNSF. McKnight said adding CPKC broadens the company's ability to reach new markets and offer additional program flexibility.

The Fannystelle location will work closely with the company's Carman facility.

"This location being close to Carman will allow us to share company resources, equipment and staff very easily," McKnight said. "The catchment area will allow us to purchase from further north and along Highway 2 from new customers we are currently either not working with or seldom working with. We'll leverage each facility's advantages, including which commodities are handled where, and offer flexibility and farm pickup options to keep grain moving."

Both staff members previously employed at the elevator have been retained, including the new facility operations manager who brings 24 years of experience in the grain industry and 10 years working at Fannystelle. Linear Grain expects to add an additional employee as operations ramp up.

"The elevator is currently in good shape and we will repair, maintain and replace equipment as needed," McKnight added. "We will likely add storage capacity and look at increasing receiving and shipping capacity. There

is room on the site for expansion."

McKnight emphasized that local ownership remains central to Linear Grain's identity and approach.

"Local service means the owners and decision makers live and work here and care deeply about our communities," he said. "My family has deep roots in this region going back six generations. When you do business with a company like Linear Grain, you can get hold of the decision makers and build working relationships that you might not be able to with a larger or foreign corporation. If our company continues to be successful, we are investing money back into our business locally, donating to community causes and keeping jobs and economic benefits in the region."

McKnight said maintaining a competitive grain handling sector means ensuring space for privately owned Manitoba companies.

"The agricultural commodities business is dominated by large multinational organizations," he said. "To continue to have a vibrant and competitive marketplace, it's important that local entrepreneurs can compete and add value — rather than the industry continuing to consolidate."

For McKnight, the move also comes with personal connection to the community.

"We have many customers in the Fannystelle area that we have purchased grain from for many years. We look forward to cultivating more business in the area and have an additional tool with the Fannystelle elevator to meet their needs," he said.

Producers interested in receiving Linear Grain's bid texts and emails may contact the Carman office.



PHOTO SUBMITTED

Ryan McKnight, president and merchandising manager of Linear Grain Inc., at the Fannystelle grain elevator following the company's Nov. 5 purchase from Bunge.



JOIN US FOR THE NOVEMBER CONSIGNMENT SALES 2025

November OFFSITE Consignment Sale. Viewing: November 17th -21st 9PM to 5PM. Bidding starts: Nov 20, 2025 at 10:00AM
Lots start closing on Nov 26, 2025 at 10:00AM. Pick up days: Friday November 27th & 28th from 9AM to 5PM
November ONSITE Consignment Sale. Viewing: November 17th -21st 9PM to 5PM. Bidding starts: Nov 20, 2025 at 10:00AM
Lots start closing on Nov 27, 2025 at 10:00AM. Pick up days: Friday November 28th & 29th from 9AM to 5PM
November ONSITE Week 3 Consignment Sale. Viewing: Nov. 24th -27th 9PM to 5PM. Bidding starts: Nov 27 2025 at 10:00AM
Lots start closing on Dec 3, 2025 at 10:00AM. Pick up days: Thursday December 3rd & 4th from 9AM to 5PM
Ashern Auction Mart First Annual Online Equipment Sale . Viewing: April 20 to 24th 9PM to 5PM



Bidding starts: April 23, 2026 at 10:00AM. Lots start closing on April 29, 2026 at 10:00AM
Pick up days: Thursday, April 30th & Friday, May 1st from 9AM to 5PM.

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> MEAL IDEAS



Prep time: 8 minutes
Cook time: 2 minutes
Servings: 1
1 Minute Cilantro & Lime Jasmine Rice Cup
1/4 cup canned pinto beans, drained and rinsed
1/4 cup fresh or canned corn
1/4 cup prepared salsa
1/2 teaspoon ancho chili powder

RED RIVER CO-OP FOOD STORE

Rice and Beans Burrito Bowl

(optional)
1 cup shredded lettuce
1 tablespoon sour cream
1/2 avocado, sliced (optional)
1/2 tablespoon cilantro, chopped (optional)
tortilla chips
Heat rice according to package directions.
In medium, microwave-safe bowl, combine beans, corn, salsa and chili powder, if desired.
Microwave on high 1 minute.
Mix in rice. Place lettuce in bowl and top with rice and beans mixture. Garnish with sour cream, avocado and chopped cilantro, if desired.
Serve with tortilla chips.



Prep time: 10 minutes
Cook time: 10 minutes
Servings: 4
2 cups Minute Instant Jasmine Rice

Quick Bibimbap

1/4 cup canola oil, divided
8 cups baby spinach
2 cloves garlic, minced
1 tablespoon grated fresh ginger
1/4 teaspoon salt
1/4 teaspoon black pepper
4 teaspoons soy sauce
4 teaspoons rice wine vinegar
1 cup bean sprouts
1 cup matchstick carrots
1 cup prepared kimchi, chopped
4 eggs, fried
4 teaspoons Sriracha
4 teaspoons sesame seeds, toasted
Prepare rice according to package directions.

In large skillet over medium heat, heat 2 tablespoons oil. Sauté spinach, garlic, ginger, salt and pepper 3-5 minutes, or until spinach is wilted. Transfer to bowl and keep warm.

Wipe out skillet. Heat remaining oil over medium-high heat. Stir-fry rice 3-5 minutes, or until slightly crisp. Stir in soy sauce and vinegar.

Divide rice among four bowls. Top each serving with bean sprouts, carrots, kimchi and one fried egg. Drizzle with Sriracha and sprinkle with sesame seeds.

Ask the Money Lady

Dear Money Lady: My husband started day trading this year and it turned into a disaster. He is retired and took a course on investing – but that didn't seem to matter, we have lost over \$200,000. I am so upset!
Marissa P.

Oh dear, Marissa. I feel your pain. Many retirees have done the same thing. The economic market right now is shaky – we all know that. Our neighbours to the south have forever changed the landscape of how we view the United States. But with this backdrop, I must caution those that are entering retirement or already in it, about managing their investments and ultimately impacting their long-term plans.

Please remember, you cannot predict the market and you do not know how long you will live. This has always been the constant elephant in the room situation that many retirees tend to forget. You should never base your financial decisions on stock market performance or your own lifespan, yet I get many emails like this one, that do just that.

Longevity is real. Canadians are living longer. Currently we have 1.5 million Canadians over 85 today, and it is projected that in the next 25 years we will have 4.3 million. So, believing that you are unlikely to live past 80 with a plan to take larger withdrawals from your savings, obviously is not a good idea. The reality is many retirees plan to invest on their own, since they have the time to learn how to do it efficiently and they no longer want to pay an advisor for what they think they can do themselves. While I agree in theory, I also must caution those retirees that plan to do this. The gravity of managing investments during retirement can become overwhelming. There is no runway for mistakes in this new arena and errors will have long lasting repercussions since a loss can not be replaced with working income.

Here are the three killers of every would-be investor, young or old: market timing, panic selling and chasing returns. Let's face it, everyone does these things when investing, but doing this with your retirement savings could lead to dire consequences. Panic selling is fueled by fear and greed, the two emotions that never leave even the most experienced traders. Market timing is the buying or selling



in the market based on predictions of future market movements, and chasing returns is buying based on past performances. All pitfalls that can result in poor choices and fundamental errors when investing.

Paper trading to learn the basics is imperative when you begin investing on your own. Please do not jump in, thinking you can learn as you go. Creating a formal financial plan is also important. This is a written financial plan that outlines where you are today and what you will need monetarily as you age. Without having this written frame work, you will be a wandering gerald, not knowing how to invest wisely and not planning for specific life events that only you will know about. Remember, that revenue streams are your key to ensuring a retirement with money. Economists unanimously agree that you must have a minimum of 5 revenue streams in retirement to ensure you do not outlive your money. So, think creatively, like a banker. Use your investment assets to create viable, low risk revenue streams and consider other alternatives to create income. It is up to you to ensure you retire with dignity and monetary certainty.

Why not come out to one of my Vibrant Living Events that I offer FREE across the country – remember, knowledge is power and everyone should have the opportunity to age with confidence and purpose – no matter how many birthdays you've had.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. Follow Christine on Instagram @askthemoneylady, or on Facebook (Christine Ibbotson) and join me at our Vibrant Living speakers events.

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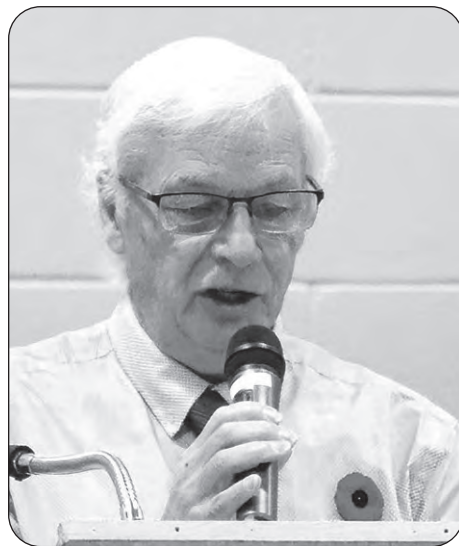
Remembrance Day in Selkirk



RECORD PHOTOS BY KATELYN BOULANGER
Residents gathered around the Selkirk Recreation Complex for our annual Remembrance Day Ceremony. The wreaths were many, and veterans were honoured.



Remembrance Day in West St. Paul



RECORD PHOTOS BY JOHN PODWORNIAK

West St. Paul's Remembrance Day ceremony was a solemn day of acknowledgement, which had residents filling the Access Centre.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Raiders knock off Hawks with strong first-period surge

By Annaliese Meier

The Raiders Jr. Hockey Club struck early and often Friday night, riding a four-goal first period to a 6-4 win over the third-place Charleswood Hawks at Seven Oaks SportsPlex.

Ryan Cromie opened the scoring just 78 seconds into the contest, setting the tone for a high-paced opening frame. After Charleswood captain Elliott Lewis tied it moments later, the Raiders responded with three straight goals.

Cole Kennedy restored the lead at 4:00 before Riley Kushnier scored shorthanded late in the period. Brennan Feschuk then added to the surge at 18:16, giving the Raiders a commanding 4-1 advantage after 20 minutes.

The Hawks clawed back in the second with power-play and even-strength markers from Ridley Ringor and defenceman Tate Dolinsky. But the Raiders matched their push. Lo-

gan Ashe made it 5-2 early in the frame, and rookie forward Zach Einarson netted his first MMJHL goal midway through the period to keep Charleswood at bay.

Lewis added his second of the night for the Hawks to pull them within two, but neither side found the back of the net in the third as the Raiders shut things down defensively.

Owen Savoie turned aside 13 shots for the win, while Charleswood split

goaltending duties between Marc Samyn and Aidan Kuo. The Raiders outshot the Hawks 28-17.

The victory improves the Raiders to 6-5-2, moving them into fifth place in the MMJHL standings. They head on the road for their next two outings, visiting the Ft. Garry/Ft. Rouge Twins on Nov. 18 and the River East Royal Knights on Nov. 21, before returning home Nov. 23 to host the St. James Jr. Canucks.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

JV Royals crowned KPAC champs, Varsity comes close

By Kieran Reimer

It was championship week around KPAC with the Lord Selkirk Royals fighting for titles across both Junior Varsity and Varsity Boys levels.

The JV Boys went first as they took on Maples on Thursday evening at River East Collegiate to cap off a perfect season with a championship.

After splitting the opening two sets, the Royals strong play became too much for Maples in sets three and four.

They went on to close out the game three sets to one (25-20, 19-25, 25-15, 25-20) to claim the JV Boys KPAC title and complete the undefeated regular season and playoff run.

Already the champs, the boys will attempt to win one more piece of hardware at provincials this week.

They will compete for quarterfinal seeding in Pool 1 alongside the Steinbach Regional Sabres, J.H. Bruns Broncos, and Gabrielle-Roy Les Roys Rouge all throughout Thursday at Daniel McIntyre Collegiate Institute.

The Provincial AAAA JV Volleyball Championship wraps up Monday, Nov. 24 with the championship game at 8 p.m. from Technical Vocational High School.

The Royals Varsity Boys Volleyball Team will also head off for regionals this week, they however will be attending as a wildcard team after falling to the River East Kodiaks in the Varsity Boys KPAC final on Friday at Mennonite Brethren Collegiate Institute.

Selkirk led two sets to one and were looking to close things out in the

fourth set.

River East however battled to a 39-37 victory in the fourth which forced a winner take all fifth set.

In another thrilling set, River East scraped out a 15-13 victory to claim the championship, 3-2 (18-25, 25-23, 25-19, 37-39, 13-15) the final.

The two teams could possibly meet again, as both will be competing at Boston Pizza Provincial AAAA Volleyball Regionals from Thursday, Nov. 20-Saturday, Nov. 22 at Vincent Massey High School in Brandon.

The Royals first round opponent is still to be determined however they will enter as the eighth seed playing against the ninth seed on Thursday at 5 p.m.

The winner will move on to the quarterfinals on Saturday.

The Royals JV Girls Volleyball Team will also continue their season with Provincial AAAA JV Volleyball Championships from Nov. 20-24.

They qualified as a wildcard team and will compete in Pool 2 alongside the River East Kodiaks, Steinbach Regional Sabres, and St. Mary's Flames on opening day.

All Pool 2 games will be played at Grant Park High School with each team guaranteed a spot in the playoff round.



RECORD PHOTO BY BRETT MITCHELL

Royals outside hitter Aedyn Starodub spikes a ball toward Garden City Gophers' defence in the KPAC Quarterfinals on Nov. 10. Starodub and the Royals would defeat the Gophers in four sets (25-20, 25-14, 20-25, 25-22), before eventually falling to the River East Kodiaks in the Varsity Boys KPAC Championship on Nov. 14.

Fishermen looking to bounce back against Warriors

By Kieran Reimer

The Selkirk Fishermen are eager for another shot at the St. Malo Warriors as they prepare for a Friday night rematch at the Selkirk Recreation Complex.

Selkirk is coming off its first loss of the season — a

9-4 setback to the defending champion Warriors on Nov. 9 — following a 9-0 start. With the clubs now tied 1-1 in their season series, Friday's game offers Selkirk a chance to reclaim momentum and reassert itself among the league's top contenders.

The Fishermen will close out their three-game homestand on Sunday when they host another strong opponent, the Beausejour Comets. Selkirk

holds a 1-0 edge in that season series after a decisive win in October.

UPCOMING GAMES:

- Friday, Nov. 21: vs. St. Malo Warriors, 7:30 p.m., Selkirk Recreation Complex
- Sunday, Nov. 23: vs. Beausejour Comets, 3 p.m., Selkirk Recreation Complex

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers return to winning ways ahead of four-game road trip

By Kieran Reimer

No Manitoba Junior Hockey League team needed a big week more than the Selkirk Steelers.

Battling illness, a shortened lineup and a sputtering offence, the Steelers faced a stretch of three games in four nights — and entered the week on a five-game losing skid. They snapped that slide immediately with a 5-3 win over the Winnipeg Blues on home ice Wednesday.

Landon Jamieson scored twice, while Dawson Madden, Carter Haney and Ayden Collins added singles. Netminder Hudson Hunnie made 23 saves as Selkirk hit the five-goal mark for the first time in November.

Two nights later, the Steelers' offence stayed hot with a 7-4 victory over the Northern Manitoba Blizzard, giving Selkirk its second straight win. Madden led the way with a hat trick, Landon Pue scored twice, and Jayton Frederick and Ty Mistelbacher added singles — the latter marking his first MJHL goal. Ethan Sawyer turned aside 25 shots for the win.

Selkirk nearly completed a perfect week but fell just short in a 4-2 loss to the Dauphin Kings on Saturday. Haney and Evan Mayer each scored, but the Steelers' late push wasn't enough. Selkirk now sits at 14-8-1 and has climbed to third place in the MGEU East Division.

"To get that win against the Blues and against the Blizzard was huge, and we gave ourselves a chance against Dauphin too," said head coach Hudson Friesen. "We had a very short lineup, and I think every guy that was playing in that game was very much under the weather, so we gave it our

all and we're definitely pleased with the week."

The Steelers will look to rest and recover ahead of a two-game week against the Virden Oil Capitals and Winnipeg Blues — and they hope their offence remains sharp.

"The line of Dawson Madden, Landon Pue, and Evan Mayer has really been driving the offence for us of late," Friesen said. "They stepped up in a big way in both those wins and really came through for us. And having Landon Jamieson back is huge. He's having an immediate impact for our group five-on-five and on the power play."

Tuesday's matchup with Virden will close out a four-game homestand before the Steelers begin a four-game road swing on Saturday in Winnipeg.

Selkirk has been among the MJHL's strongest road teams this season, boasting a 7-2-1 record away from home and averaging more than four goals per game.

"The guys have a good routine on the road, and there's a good level of focus coming off the bus," Friesen said. "We've outlined some important things — especially on the longer trips — about how to get your body and mind ready. Whatever it is, our guys seem to play our game, play loose and raise that level of compete on the road."

The upcoming trip will take Selkirk to the Hockey For All Centre before heading west to face Waywayseecappo, Dauphin and Virden. The Steelers return home Dec. 5 for a rematch with Waywayseecappo.



RECORD PHOTO BY BRETT MITCHELL

Selkirk Steelers forward Dawson Madden, who scored a third-period power-play goal and added an assist, carries the puck against the Winnipeg Blues during the Steelers' 5-3 win on Nov. 12 at the Selkirk Recreation Complex.



Steelers defenceman Carson Brookes steps up to break up a rush against the Winnipeg Blues.

UPCOMING GAMES:

- Tuesday, Nov. 18: vs. Virden Oil Capitals, 7:30 p.m., Selkirk Recreation Complex

- Saturday, Nov. 22: at Winnipeg Blues, 7:30 p.m., RINK Training Centre

Selkirk, Maulers Boxing score international fight card in 2026

By Kieran Reimer

The biggest boxing event in Selkirk's history was announced last week.

Canada and El Salvador's national boxing teams are set for an international clash on Saturday, July 4, 2026, at the Selkirk Recreation Complex.

Organizer Devin Tomko of Maulers Boxing in Selkirk confirmed the 12-fight card last week as Maulers Boxing's Fight Night V.

"It's Canada Day weekend, so we've got the best finish of the week to have Team Canada versus Team El Salva-

dor at the rec centre," Tomko said last Thursday.

"We're hoping to make it a big event with VIP tables available and to fill up that rec centre, so it's just closing out Canada Day weekend with a bang here in Selkirk."

Fight Night V will also include several local bouts, including one featuring Maulers prodigy Damir Kudusov.

The remainder of the fighters — including national team members — have yet to be determined.

Tomko secured the event through

discussions with Canadian national team members, along with his connections from his own fighting days to Sammy Contreras, president of Fesalbox, the Salvadoran Boxing Federation.

Fight Night V will be the fifth card Tomko and Maulers have hosted since launching the series in 2024 — and it will be their largest venue yet.

"It's essentially just bringing the community together," Tomko said. "Obviously we like to help as many people as we can with boxing — get-

ting them off the streets and getting them in — but at the same time, we want to create a great pastime for everybody in the town. So we're hoping to get as many people out as possible and spread boxing around."

Tickets will go on sale in March 2026 at Boston Pizza Selkirk, Iron Image Barbell Club and potentially more locations.

General admission tickets are \$20, while reserved ringside seats are \$40.

Doors on July 4 will open at 6 p.m., with fights starting at 7 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Giroux's shutout powers Royals to victory over Titans

By Kieran Reimer

The Lord Selkirk Royals boys' hockey team earned a win in their only game last week, shutting out the Shaftesbury Titans on Friday afternoon.

The Royals downed the Titans 2-0 at Varsity View Sportsplex behind a 23-save performance from Selkirk netminder Rylen Giroux.

Liam Vinck opened the scoring in the first period, and his goal stood as the lone marker for more than 58 minutes. In the dying minutes, Erik Evason sealed the win with an insurance goal to put Selkirk up 2-0.

The victory improved the Royals to 2-4 and moved them into 10th place in the Winnipeg High School Hockey League's Platinum Promotions Division.

Selkirk was also in action Monday afternoon against Oak Park. Due to press deadlines, the result was unavailable.

Next up is a Wednesday afternoon matchup with Miles Macdonell at Terry Sawchuk Memorial Arena. Puck drop is set for 4:30 p.m.

SELKIRK GIRLS BATTLE THROUGH BUSY WEEK

While the boys were defeating the Titans, the Royals girls' hockey team earned their first tie of the season at Gateway Recreation Centre, skating to a 2-2 draw with the River East Kodiaks.

The Kodiaks forced overtime with a late third-period goal, and the game ended in a 2-2 tie, with both teams collecting a point. Selkirk's Kennedy Simpson and Madigan Czarnecki scored in the draw.

The tie came less than 24 hours after a 7-1 home loss to the J.H. Bruns Broncos, where Mindy Smith had the lone Royals tally.

The Royals also dropped a 5-3 decision Monday to the Lorette Scorpions in Selkirk, with Simpson recording a hat trick.

Selkirk's record now sits at 1-7-1 through nine Manitoba Women's High School Hockey League games, placing them 12th in Division 1/2 - East.

Next up is a Thursday meeting with West Kildonan at 4 p.m. at Selkirk Recreation Complex.



RECORD PHOTO BY BRETT MITCHELL

A Selkirk Royals defender battles a Lorette Scorpions player in front of the Royals' net during Monday's 5-3 loss in Selkirk, where Kennedy Simpson scored all three Selkirk goals for the hat trick.

Gators split weekend set with Blues in high-scoring HTJHL action

By Annaliese Meier

The East St. Paul Gators endured a wild two-game HTJHL series against the Landmark Blues last week, dropping the first matchup 7-2 before bouncing back with an impressive 6-3 victory the following night.

The Gators ran into a sharp Landmark squad in the opener as the Blues built early momentum and never looked back. Landmark opened the scoring at 6:24 of the first period, and although East St. Paul generated chances, they entered the first intermission trailing 1-0.

The Blues extended their lead in the second period with goals from Noah Saunders and Kai Sharma. East St. Paul finally broke through in the third when Kaden Coughlin scored at 6:59, but by then Landmark had already added two more to build a commanding lead.

Brayden Alf added a late power-play marker at 14:24, but Landmark responded again less than three minutes later to round out the 7-2 final.

Gators goaltender Cole Fraser stood tall despite the scoreline, making 45 saves while facing relentless pressure. East St. Paul finished 1-for-5 on the power play, while Landmark went 0-for-4.

East St. Paul flipped the script in the rematch, powered by a hat trick from captain Luke Tyslau and a standout 48-save performance from goaltender Zacharie Grenier.

Tyslau opened the scoring at 7:39 of the first, and after Landmark tied it midway through the period, the Gators regained the lead when alternate captain Brayden Alf scored on a setup from Carter Reid and Tyslau.

The captain struck again early in the second to

make it 3-1 before Landmark clawed back in the third. Reid restored the Gators' two-goal cushion with a power-play marker at 12:12, which held up as the game-winner.

Caleb Hofer added insurance at 18:22 and Tyslau completed the hat trick just 32 seconds later, sealing a convincing win.

Grenier was outstanding between the pipes, turning aside 48 shots as

the Gators improved their special-teams play by going 1-for-2 on the power play and shutting down all six Landmark opportunities.

UPCOMING GAME:

- The Gators return home Saturday, Nov. 22 for a 7:30 p.m. matchup at East St. Paul Community Centre when they host the Macdonald squad.

NEXT HOME GAMES

at the Selkirk Rec Centre

FRIDAY, NOV 21ST

VS St Malo Warriors 7:30 pm

SUNDAY, NOV 23RD

VS Beausejour Comets 3:00 pm

NEXT AWAY GAMES

Fri, Nov 28 - vs Beausejour - 8:00 pm

Sat, Nov 29 - vs LaBroquerie - 7:30 pm



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Help Wanted East Selkirk, MB, Apiary Supervisor - 1 position (NOC 82030). Minimum 3 years beekeeping experience preferred. Wage range \$17.00-\$23.00/hour. Employment from March 1, 2026 to November 15, 2026. Seasonal full time, days, evenings and Saturdays. Language is English. Duties would be to handle, feed and care for bees, help in replacement of hives and production of nucs, move hives, collect honey, maintain and drive vehicles, maintain bee yard; manufacture, assemble and maintain beehive equipment, maintain and operate other apiary related equipment. Must be able to handle heavy loads and work is physically demanding. Must work well with others, as well as the ability to maintain basic production records. Would require steel toed safety boots. Send resume by email to: philip@waldbee.com

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Maintenance Manager - B2 Holdings, Selkirk. Seeking an individual to manage multiple properties in Selkirk/Winnipeg. Requirements: general repair & maintenance knowledge (carpentry, basic automotive, basic plumbing), ability to operate power equipment, basic IT skills. Experience with fleet & contractor management an asset. The role is a perfect fit for retired individuals looking to stay active. Corporate vehicle available for transit-ing between facilities; indoor workshop with tools & equipment provided. Wage offered varies based on experience & expertise. Flexible hours: 32-40 per week. On call select evenings and weekends. Apply at 609 Greenwood Avenue, Selkirk or hr@blastoffireworks.ca

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SUDOKU

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1			4		6			7
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NOTICES

Knights of Columbus Selkirk Council 2025 list of Grey Cup ticket winners: Kyle Tataryn (2), Lil Skazyk, Brian Egglestom, Allan Croy, Joe Minarik, Bob Dupasquier, Jason Peters, Charlie Veters and Andrea MacDougall.

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7	3	5	9	2	4	8	6	1
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Sudoku Answer

NOTICE OF PUBLIC HEARING

ZONING BY-LAW AMENDMENT APPLICATION

RM of St. Andrews

Under authority of The Planning Act, the municipal Council will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions. For more info on how to register for the public hearing please contact the municipality at 204-7382264

Tuesday
December 9th, 2025
5:30 PM

Council Chambers,
500 Railway Avenue,
RM of St. Andrews, MB

Note: property owners are responsible for notifying "tenants"

APPLICATION INFORMATION

Application File: ZBA - BL 4423

Applicant: Leonard Naayer and Agnes Loutit

Property Location: No address portion of RL 34;
8 McLennan Road,
RM of St. Andrews.
Roll # 13300, 13400

Application Purpose:

To rezone the subject property in order to subdivide the Land into total 21 lots for the future single family residential development and sale properties.



Current Zoning	Zoning Proposed by Applicant
"RR" – Rural Residential	"RA" – Suburban Residential

A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at <https://www.redriverplanning.com/hearings.php> or by contacting the Red River Planning District in person during normal business hours Monday to Friday at 2978 Birds Hill Road, East St. Paul, by phone at 204 669-8880, or by email at info@rrpd.ca



NOTICE OF PUBLIC HEARING

ZONING BY-LAW AMENDMENT APPLICATION

RM of East St. Paul

Under authority of The Planning Act, the municipal Council will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions. For more info on how to register for the public hearing please contact the municipality at 204-668-8112.

Tuesday
December 9th, 2025
5:30 PM

Council Chambers
3021 Birds Hill Road
RM of East St. Paul, MB

Note: property owners are responsible for notifying "tenants"

APPLICATION INFORMATION

Application File: BL 2025-09

Applicant: Rural Municipality of East St. Paul

Property Location: N/A

Application Purpose:

The municipality is proposing to amend the RM of East St. Paul Zoning By-law No. 2009-04 through making a variety of refinements (improvements) to the regulations. These proposed updates include text amendments only – there are no changes to property zoning. The proposed amendments include the topics of:

- Poultry keeping
- Parking
- Secondary suites
- Accessory building / structure size
- Minor variations
- Building projections
- Setbacks from retention ponds

A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at <https://www.redriverplanning.com/hearings.php> or by contacting the Red River Planning District in person during normal business hours Monday to Friday at 2978 Birds Hill Road, East St. Paul, by phone at 204 669-8880, or by email at info@rrpd.ca



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ANNOUNCEMENT

BIRTHDAY



**Happy Belated 90th Birthday
to Peggy Davies**
our wonderful mom and grandma.
Kind, thoughtful, funny, and always thinking
of others,
she's our very own angel here on Earth.
We love you, Momma/Grandma!
Here's to a great year ahead.
-Jo, Spencer, Cooper and Finn
xoxox

ANNOUNCEMENT

IN MEMORIAM

Ron McBride
March 30, 1954 - November 16, 2019



Thinking of you
no longer by my side
but forever in my heart
-Bye Bye Ladi Di

OBITUARY

Debra Ellen Sprechert

Peacefully, on November 13, 2025 with her hubby by her side, Deb passed away.

She leaves her hubby Detlef of 49 years; daughter Deanna; sons Trevor (Lori) and Mikey (Ashley); grandchildren Nicky, Blake, Becky, Hope, Dani, Lukas and Dominic; brothers George (Laurie) and Reg; sister-in-law Sherri; in-laws Rose, Barbara, Karla and Anne. She also leaves many, many babies who were very special to her throughout the years of her daycare.

A big thank you to CancerCare and Dr. Ian Alexander for his care and kindness throughout her illness.

Cremation has taken place and a celebration of life will be held on Monday, November 24, 2025 from 1:00 p.m. – 4:00 p.m. at the Friendship Centre, Selkirk, MB.

Tributes: www.gilbartfuneralhome.com



Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Helen Bretchka (nee Bialek)

November 18, 1938 - November 15, 2025

It is with great sadness and sorrow that the family announces the passing of their beloved mother, grandmother and great-grandmother, Helen, on November 15th. Mom passed peacefully at Selkirk Regional Health Centre with her daughters by her side, and with the love of family and friends surrounding her.

Mom grew up in Hazelglen and married Victor Bretchka in 1956. They moved to Walkleyburg, where they farmed together until Dad's passing in 2004. After Dad's passing, Mom moved to Tyndall, where she lived until her passing.

Mom will be forever missed by her daughters Debbie (Raymond) Kashuba and Karen (Glen) Dudeck, and her two grandchildren Karleen, and great-grandchildren Oliver and Celia, and Kimberly (Garret), and great-grandchildren Carrie and Carson. She is survived by two sisters, Betty and Kathy, and many nieces and nephews.

She was predeceased by her husband Victor, her parents Julian and Carrie Bialek, and seven siblings – Edward, Mary, Adeline, John, Lawrence, Bobby, and Casey.

If friends desire, donations can be made in Mom's name to Little Britain United Church and Hall. A funeral service will be held on November 26, 2025 at 10:00 a.m. at Little Britain United Church and Hall, 5879 Hwy. #9, Lockport, with viewing 1 hr prior.

Tributes: gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

CARD OF THANKS

Ethan Cruz Fiddler - The family of Ethan Cruz Fiddler would like to extend their deepest gratitude and thanks to everyone involved in the care of Ethan while in the hospital and in honouring Ethan in the past and coming weeks. Thank you to Rev. Naggie Sterling for being with our family during these most difficult times and officiating Ethan's Celebration of Life. Also, to Archdeacon Godfrey Mawejje for the prayers and comfort. Our family would like to thank the LSSD and staff for their part in making Ethan's Celebration of Life so beautiful for him. Thank you to John and other staff at Gilberts for ensuring every aspect of Ethan's Celebration of Life was looked after with so much care and patience. Our family would like to deeply thank everyone that spoke, sang, shared, worked behind the scenes, and attended our son's service. Thank you to all who gave cards that brought comfort and the beautiful flowers. We also extend our gratitude to everyone who generously donated to The Ethan Cruz Fiddler Scholarship Fund. Ethan's loving, giving spirit will live on through the generosity to help others reach their goals. We are also eternally grateful to have had our boy in our lives for 17 wonderful years.

-Jen, Luke and Lila Fiddler

OBITUARY

Gerald "Jerry" Drobot

August 23, 1941 - November 10, 2025

In the early morning of November 10, 2025, at the age of 84, Jerry passed away peacefully with family at his side.

Jerry will be forever loved and remembered by his son Douglas Drobot and wife Melanie, daughter Sherri Serino and husband Nick, and son Eugene Drobot. He will also live on in the hearts of his precious grandchildren and great-grandchildren Ashley Good (Jamie) Maisey, Maclyn, Maybel, Michael Drobot (Alissa), Ella and Chloe, Kyra Lane (Tyler), Hannah and Payton, Adam Serino (Natasha), Bentley, Odin, Aston, Athena, and Jocelyn Drobot (Xam) and Georgia Drobot (Devon).

He was predeceased by his dear wife Virginia on October 8, 2024, son Gregory, parents George Drobot and Amelia (Kulchiski) and brothers Barry and Lawrence Drobot.

A graveside service was held on Tuesday, November 18, 2024 at 11:00 a.m. at All Saints Cemetery 4535 Main Street, West St. Paul.

Tribute Link: seasonsfunerals.ca



OBITUARY

Marie Portner

Peacefully on November 3, 2025, Marie passed away after a brief and courageous battle with cancer.

She is survived by her daughters Kara (Ward) and Cristal (Mike); her grandchildren Lyneah, Rylie, and Quinn; her sisters Toni (Ron) and Linda (Terry); along with nieces, nephews, many friends, and friends that became family.

She was predeceased by her mother Dorothy and her father Anton.

Marie was born and raised in Bruno, Saskatchewan. In her younger years, she worked as a telephone operator. Life took her to many places – Saskatoon, Calgary, Dryden, Hay River, and Kenora. She settled in Selkirk to raise her daughters, later working as a cashier at Gaynor Foods.

Mom retired when she was blessed with grandbabies and moved to Winnipeg.

During her retirement, she was fortunate to travel to many places: Europe, Alaska, Cuba, and two cruises. She enjoyed many road trips throughout Canada and the USA. Every trip was filled with lots of pictures taken, laughs, and great memories.

Yearly camping trips were taken with Cristal and kids, as well as a trip to Ottawa to check out the University with Kara and Lyneah. Her last bucket list trip was to the East Coast this September with friends.

Marie will be greatly remembered for her strength, kindness, and caring ways.

Heaven has gained a guardian angel. We will miss you and love you every day.

Cremation has taken place. A celebration of life, with no formal service, will be held on Sunday, December 21, 2025. We welcome you to come anytime between 1:30-4:30 p.m. at Bronx Park Community Centre.



OBITUARY



Frederick Nelson Proden
November 13, 1942 - November 6, 2025

It is with much sadness that we say goodbye to Fred Nelson Proden - a husband, father, poppa, brother, cousin and friend.

Fred is survived by Lorna, his wife of 56 years; sons Marcus and Todd (Kelsey), granddaughter Ava, sister Elsie, brother Don, sister-in-law Maxine (Don), and many nieces, nephews and cousins.

Fred was born in Oak River, Manitoba on November 13, 1942 to Anne and Fred Prodan. Fred enjoyed all sports growing up, but was especially interested in hockey, baseball and track and field. After high school, Fred studied Topographic Drafting at Assiniboine College in Brandon. In June of 1968, Fred started his career with the Manitoba Highways and Transportation Department in Selkirk where he worked until his retirement in 2001.

During his time in Selkirk, Fred married his wife Lorna, raised his sons while coaching many different sports teams of his own. Fred was especially proud to have been involved with the development of Selkirk Youth Hockey and the Selkirk Settlers Oldtimers Hockey team.

Fred also enjoyed spending the summers at the family campsite at Stonewall Quarry Park.

When you heard Ukrainian music, you knew Fred had arrived. Fred would host Ukrainian supper parties for his friends, where no one would leave hungry or thirsty.

In appreciation of Fred's love of his four legged friends, we ask that in lieu of flowers, donations be made to the Humane Society or to the Heart and Stroke Foundation.

In keeping with his wishes, cremation has taken place and a celebration of his life will be held on

Thursday, November 20, 2025 in the Gilbert Funeral Chapel, Selkirk, MB at 11:00 a.m. For those unable to attend, the service will be livestreamed via a link in his obituary at www.gilbartfuneralhome.com.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Elizabeth Frances Sutherland (nee McKaughan)

It is with deep sadness that we announce the passing of our mother, grandmother, and great-grandmother, Fran Sutherland, on November 12th, 2025 at the age of 93, at the Betel Personal Care Home in Selkirk MB.

Mom was predeceased by her husband Ed of 58 years, and her daughter Donna, her parents George and Hazel McKaughan, brother Ken McKaughan and sister-in-law Joyce McKaughan, in-laws Elsie and Reg Sutherland, as well as brother-in-law Lyall Sutherland, sister-in-law Thelma Bell, and brother-in-law Ollie Bell.

Mom is survived by her children Ron (Brenda), Sandra (Terry), Lynn (Gary), David (Colleen), and Tim (Marianne); grandchildren Adam, Megan (Kyle), Jessica (Jon), Sam (Kevin), Jackie (Daniel), Nicole (Kyle), Amanda (Justin), Nick, Katie (Dani), Tyler (Madison) and great-grandchildren Ben, Charlotte, Sadie, Jaxson, Austin,

Logan (Madi), Lauren, Beckett, Andyn, Ella, Elizabeth, as well as sister-in-law Marjorie Sutherland and son-in-law Bruce Bolster.

Mom was born in Winnipeg on December 16th, 1931 and grew up on the McKaughan farm in Petersfield, MB. She attended Dunara School where she walked to school every day about three miles each way. She finished her high school in Teulon, MB. After completing school, she taught in Sandy Hook, MB, and always spoke fondly of her teaching experience and was very proud of her accomplishment. She then moved to the big city of Winnipeg and worked in the Eaton's mail order.

Mom met Dad at a dance in Clandeboyne, and then they were married August 8th, 1953. They first lived in Winnipeg and then later moved to Clandeboyne in 1957, where they raised their family and farmed. Mom loved gardening, curling, camping, traveling and watching the Toronto Blue Jays baseball. She also loved her Ladies Red Hats group, and all family gatherings. Mom also worked with the AWC and helped out with many community events. She was always so proud and supportive of her kids or grandkids, encouraging them all in their endeavours and attending numerous activities and events over the years.

Mom also drove children with special needs for Lord Selkirk School Division. She then went on to work at ICP/Herff Jones in Winnipeg in 1970 and retired from there in 1992. Once they were both retired, Mom and Dad traveled Canada from coast to coast, up north to Alaska, south to Florida and Mexico and across the big water to the British Isles. They also loved to take bus trips down to the US on tours, attend Blue Jay games and visit the occasional casino. After Dad passed, Mom still continued to travel and go on trips and boat cruises with kids and grandkids.

After Dad passed, Mom moved into an apartment in Selkirk, then she moved to Gateway in Teulon, and then after a fall, she moved into Betel home in Selkirk.

We would like to sincerely thank all the staff for their care of Mom while she was in Betel Home for the past four years, and for all their help and support the last difficult week that Mom was there surrounded by her family.

A Celebration of Life will be held November 24th, 2025 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk MB. Interment will follow the luncheon at the St. George's Wakefield Cemetery.

In lieu of flowers, if you so desire, please make a donation in Fran's name to St. George's Wakefield Cemetery in care of Jason Nutbean at Box 219 Clandeboyne, MB, R0C 0P0.

Tributes: www.gilbartfuneralhome.com

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OBITUARY



Ernest "Ernie" Danny Tomchuk
14 December 1945 - 12 November 2025

The journey of Ernie Tomchuk's life ended peacefully on 12 November 2025, surrounded by his family and close friends.

Ernie was predeceased by his father Dymetro, mother Maria, and brother Ed.

He will be deeply missed by his wife Trudy; sons Travis (Meghan) and Tim (Janaya); grandchildren Helaina (Conner), Preston, Darius, Anton, and Émile; sisters Eleanor, Eadie, and Liz; and many nieces and nephews.

Ernie was born on 14 December 1945 in Winnipeg. He met Trudy at Garden City Collegiate in 1965 and they were married two years later, on 6 May 1967. They bought land in St. Andrews in the late 1970s, and Ernie, with the help of his father Dymetro, framed and built the roof on the home where the couple would raise their

family and live through the remainder of Ernie's life.

Ernie always wanted to serve his community, and joined the Winnipeg Police Department, as it was then known, in 1967. He met his life-long friends Chris Lundgren and John Verhoven while attending the Police Academy, and the trio created many memories that are safely kept with Chris and John. Ernie served with the Winnipeg Police Service for 25 years before retiring in 1992.

After retirement, Ernie turned his sights to conflict resolution through the Menno Simons College and University of Winnipeg joint program. After graduation, he started his own business - Sport Mediation and Educational Services (SMES) - to help make sports a more positive and supportive experience for all children. His work with SMES led to him being a member of the Winnipeg Boys and Girls Club Board of Directors for a number of years. Ernie also volunteered at the Winnipeg Police Museum and often appeared in the Santa Claus Parade wearing an old police buffalo coat or driving an older model squad car.

Ernie was physically active throughout his life. He began playing lacrosse in his teens with the Elmwood Shamrocks and was proud to have been offered a scholarship by a US college to play stateside, even though he was unable to accept it. While still living in Winnipeg he would bike 26 kilometers to work. Through his life, he enjoyed playing many other sports including sponge hockey, golf, and more recently bowling with his team the Funtastic Five.

Ernie was often involved in Travis and Tim's extracurricular activities. He was a leader in Beavers and Cubs and a soccer and hockey coach. He and Tim even joined forces to coach the St. Andrew Aces and the Selkirk Fisherman over the course of six years.

Ernie had many hobbies and interests. He supported the Winnipeg Jets and Kansas City Chiefs. He loved woodworking and yard work, shopping for tools at his favourite stores, and travelling. An avid gardener, Ernie was Treasurer for the Selkirk Horticultural Society for 15 years. He also enjoyed simple pleasures like visiting Tim Horton's, drinking coffee, eating bologna or Klik sandwiches, and feeding the birds.

Family meant everything to Ernie. His grandchildren were one of his greatest joys and he spent as much time with them as he could. He frequently attended their many sports matches and musical activities. To keep in touch with his ever-growing extended family, he and Trudy hosted a regular summer event known as the Ukrainian Games. Here, Ernie's immediate family, siblings, nieces, and nephews would play a variety of games, enjoy good food, and have many laughs and memories.

Ernie had many good friends throughout his life and was a very social person. He met regularly for breakfast with his retired police buddies.

Ernie and Trudy shared all of life's big and small moments together, and created many memories while raising their family. They had countless adventures together during their retirement, and enjoyed travelling, discovering new restaurants, attending concerts, and visiting the casino. They took pride in tending to their beautiful home and garden. Their relationship was one of love, laughter, and dedication.

Ernie was a man of impeccable integrity and honesty who knew how to carry himself in the world. He had a great read on people and knew who was worth his time and who wasn't. Ernie had an excellent sense of humour and enjoyed joking around and having a good laugh. He always had a big smile and it lit up the room. Ernie was generous with his time and money, and was always there to help family and friends in any way he was needed.

Ernie knew that his time was running short and had the foresight to hold a "Celebration of Life while Still Living" in early September of this year. He was happy to be able to spend time with family and close friends, share memories, have a laugh, and to say goodbye.

Ernie: as husband, father, father-in-law, papa, brother, and friend you will be missed by all of us that knew and loved you.

In lieu of flowers, Ernie's family kindly requests that all of his friends and relatives take a few minutes to honour his memory by sharing photos, memories, and stories using the comment section on this page.

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