



The Selkirk Record

THURSDAY, NOVEMBER 25, 2021

VOLUME 12 EDITION 47

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Fiddling Fun

RECORD PHOTO BY BRETT MITCHELL

East Selkirk musician Morgan Grace-Ginther is an accomplished fiddle player at 15 having played for over 10 years already. She and her dad Keith Ginther rocked their Holiday Alley performance. See more on page 10.

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PRICES IN EFFECT: THURSDAY, NOVEMBER 25 - WEDNESDAY, DECEMBER 1, 2021

Local authors read for Circle of Friends

Joy, sadness, and lots of fun were found at the Gaynor Family Library last Friday

By Katelyn Boulanger

Louella Lester and Conni Cartlidge entertained the Circle of Friends seniors group at the Gaynor Family Library last Friday sharing their short stories of love, happiness and sadness with the group.

Louella Lester

After publishing in journals, anthologies, and writing for the CBC Lester has recently released her first published book *Glass Bricks* full of flash creative non-fiction about her working life for people to enjoy.

She credits her family and the area that she grew up in for her early interest in writing and storytelling.

"I was always into storytelling. My family on my dad's side, he grew up at Victoria Beach with a big Lebanese family. My great grandparents came from Lebanon so they had a real storytelling tradition and actually, they were

friends with a lot of Indigenous people in the area near what was called Fort Alexander back then, which again [exposed me to a] storytelling tradition," said Lester.

She wrote poetry throughout high school and then kept to her storytelling roots when she eventually became a teacher.

"I didn't want kids to do what I wouldn't have wanted to do in the classroom. So, I was always writing and I joined a writing group and the Writers Guild, and it kept me going," she said.

She evolved from poetry to flash and micro length stories telling tales about her early life in Victoria Beach, time as the first female graduate of Red River College's heavy equipment mechanic program and time as

Continued on page 4



RECORD PHOTOS BY KATELYN BOULANGER
Conni Cartlidge presenting at the Gaynor Family Library's Circle of Friends group.

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RECORD PHOTOS BY KATELYN BOULANGER

Louella Lester presenting at the Gaynor Family Library's Circle of Friends group.

> LOUELLA AND CONNI, FROM PG. 3

a teacher.

Lester's stories are often humorous and will have you in stitches the entire time through.

Residents interested in grabbing a copy of her book can purchase online through her publisher at <https://atbaypress.com/> or through the McNally Robinson bookstore. You can also check out her photography and writing at her blog louellalester.blog/blog/.

Conni Cartlidge

Cartlidge also writes creative non-fiction pieces that have been published in anthologies and books of poetry.

Her pieces are often emotional bringing you right into the feelings that she was having when she writes. She presented a few pieces at the library but one, in particular, described the disruption that COVID-19 has had on her young grandchildren's lives through a journey to find a park that isn't too crowded to play on.

"It's pretty personal stories but they're often stories that other people can relate to. So, it's my own experiences generally," said Cartlidge.

Though she has not published a complete book of her own she has kept busy presenting at Speaking Crow, the Millennium library in Winnipeg and having her stories published in international collections.

She started her writing journey when she worked for Red River College. The initial spark happened when she had to write a speech for a colleague who was retiring and it went over so well that she was designated the speechwriter after that.

Since then she has continued on with her writing and hopes to have her own book published in the future.

To read some of her writing she suggests that you check out past issues of *Voices* the journal of the Lake Winnipeg Writer's Group or check out her blog at <http://conni-smallboxes.blogspot.com/>.

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Artists go head to head in Easel Wars



RECORD PHOTO BY KATELYN BOULANGER

Holiday Alley's Easel Wars were hosted at the Gwen Fox Gallery last weekend and Lilja Potter came home with the top prize for her creative painting of a snake wearing pants. Easel Wars makes artists flex their creative muscles by having them speed paint a subject pulled from a hat seconds before the timer starts. After thirty minutes the brushes are dropped and the canvases revealed. The next Easel Wars will take place next Sat. at the gallery. To register email Bev at bg9991@mymts.net.

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The Big Hearts Hamper is back in Selkirk

By Sydney Lockhart

Founder and main organizer Kevin Christiansen said he hopes this year Big Hearts Hamper will be able to help out hundreds of families again.

"I created this whole thing three years ago now. [A local hamper] program that was going on got cancelled. I ended up creating my own program and it's kind of grown to what it is today," he said.

A family member of Christiansen had used a local hamper as a child and said it was the best part of the holidays for their family and that's what inspired him to make sure that

there was a hamper option in the community.

"I'm a glass-is-more-than-half-full kind of guy, even if it's really empty," he said, "I was like 'you know what I'm going to do this and fill the void and maybe grow this into something good that brings a community together' and it sure seems to have worked out."

Last year Big Hearts Hamper was able to give every family who applied a Selkirk Biz gift card, a frozen chicken, a hamper full of food for about a week and a present for every child in the household.



RECORD PHOTOS SUBMITTED

The Big Hearts Hamper was created in 2019, organizer Kevin Christiansen has been running the hamper every year since.

Christiansen said Danny's Whole Hog has been a large supporter of the hamper, donating the whole chickens, large boxes to pack the food in, as well as providing any needed freezer space.

On top of Danny's Whole Hog there are many other places around Selkirk that donate food, children's toys, and money.

This year donations can be dropped off at Home Hardware, Harvester, 204 Skate Shop, Smoke N Fish, Steelcity Physiotherapy, Edge of Eaton, Copper Penny Boutique, The Mighty Kiwi, Glow Fitness for Women, Pharma Plus, Selkirk Beauty Block, Jilly B's Hair Salon, the Selkirk Legion and at Selkirk Steelers home games on Nov. 26 and Dec. 4. Donations take \$2 off of tickets.

Anyone in the City of Selkirk who is in need of a hamper this year can email bigheartshamper@gmail.com to be put on the list. This email can also be used for contacting Christiansen and volunteering to help run the hamper.

Christiansen said that since the first year the hamper ran they have gained

about 10 families that now come and help out in any way they can.

"They really appreciate it, and I think, especially with young kids, the more they see how happy someone is when you give them something like this, like how much it is needed, I think they really want to come back and help year after year," he said.

Last year Big Hearts Hamper was not allowed to have volunteers due to COVID-19 public health restrictions which left them with very few hands to help. Christiansen said that he is glad they will have the ability to have their volunteers come out again and help pack and deliver hampers.

"You have to make time for stuff like this. I believe two years ago, they said that there were 800 families under the poverty level which is too many," said Christiansen, "It's the most rewarding thing that you can do in life is help somebody that's in need."

Applications for receiving a hamper are accepted until Dec. 10 and donation cut-offs are on Dec. 17 so the hampers can be distributed the following weekend.

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RCMP update

Selkirk RCMP looking for robbery suspect

By Manitoba RCMP

On Nov. 13 at approximately 1:50 a.m., Selkirk RCMP responded to a robbery at a business in the 400 block of Main Street, in Selkirk.

A male carrying what appeared to be a handgun, entered the business, approached an employee, and demanded cash. The suspect took an undisclosed amount of cash and fled. It is unknown if the male left in a vehicle or on foot.

He is described as Caucasian, 5'7", wearing a black toque, a black face mask, black pants and a black hoodie.

If anyone has information on this incident please call Selkirk RCMP at 204-482-3322, call Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.



RECORD PHOTO SUBMITTED
RCMP requesting a call to Crime Stoppers at 1-800-222-8477 with tips about thief.

Fatal two vehicle collision on icy roadway

Submitted by Manitoba RCMP

On Nov. 18, at approximately 7:00 a.m., Selkirk RCMP received a report of a two-vehicle collision on Highway 8, located south of Meadowdale Road, in the RM of St Andrews.

The preliminary investigation reveals that two pickup trucks, one heading north and the other south, collided head-on while travelling on Highway 8. Road conditions were reported to be extremely icy at the time of the collision.

One of the pickup trucks contained three occupants, of which the 28-year-

old male driver, from Fisher Branch, and a 57-year-old male passenger, from Winnipeg, were transported to hospital with serious injuries. The other 51-year-old female passenger, from Winnipeg, was pronounced deceased on scene. The 32-year-old male driver of the other pickup truck, from Clandeboye, was taken to hospital with non-life threatening injuries.

Selkirk RCMP, along with a Forensic Collision Reconstructionist and our Criminal Collision Investigation Team, continue to investigate.

Search warrant leads to cocaine and cash

Submitted by Manitoba RCMP

On Nov. 12 officers from the East District Crime Reduction Enforcement Support Team (CREST), Selkirk Detachment and Manitoba East District executed a search warrant at a residence located on Britannia Close in Selkirk.

The search of the property led to the seizure of approximately 100 grams of cocaine and a small amount of Canadian currency.

Officers arrested two females on scene, a 44-year-old and a 41-year-old, both from Selkirk, and were released for a court appearance scheduled January 31 in Selkirk.

The 41-year-old will face charges of Possession for the Purpose of Trafficking and Possession of Property Obtained by Crime whereas the 44-year-old will face a charge of Possession of a Controlled Substance.

RCMP continue to investigate.

The Selkirk Record

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Did you find Chuck?



RECORD PHOTO BY KATELYN BOULANGER

Did you happen to spot the 6 foot tall Chuck last weekend? Brianna, Chris and their dog Toby did. Holiday Alley is running an Instagram and Facebook search for Chuck. If you find him and post a picture online using the hashtag #ChuckOnAShelf and tag @holidayalley you are entered to win prizes and giftcards.

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get informed

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Eleven more COVID-19 deaths announced

By Ashleigh Viveiros

Seven people from the Southern Health region were among the 11 new deaths due to COVID-19 reported by the province on Monday.

A woman in her 40s was one of the region's casualties reported since last Thursday, alongside six other residents ranging in age from 60s to 80s. Manitoba's total death toll due to COVID-19 has reached 1,292.

With 258 new cases, Southern Health-Santé Sud, which has the lowest vaccination rate in Manitoba, accounted for the majority of new COVID-19 cases reported in the province from Friday to Monday. Sixty-nine per cent of eligible residents in Southern Health have been vaccinated thus far.

There were also 185 new cases reported in Winnipeg, 85 in Prairie

Mountain, 82 in the Northern health region, and 50 in the Interlake.

Manitoba currently has 1,528 active cases of the virus, with 152 people hospitalized and 24 in intensive care due to COVID-19.

Southern Health accounts for 530 of the active cases, 67 total hospitalizations, and 15 total ICU patients.

In comparison, the Winnipeg health region, which has a population more than three times that of Southern but a vaccination rate 20 per cent higher, has 385 active cases, 42 total hospitalizations, and five ICU patients.

Manitoba's five-day COVID-19 test positivity rate on Monday was 5.7 per cent provincially and 2.9 per cent in Winnipeg.

The Interlake-Eastern region had a total of 4,944 total cases as of this

Monday with eleven new cases announced. The total death count now stands at 58 with a female in her 70s from Interlake-Eastern health region and linked to the unspecified variant of concern reported Sunday.

Interlake-Eastern recorded 113 active cases with seven in the hospital but none in ICU.

Total case count by district: Arborg/Riverton 14, Beausejour six, Eriksdale/Ashern eight, Fisher/Peguis six, Gimli two, Northern Remote eight, Selkirk six, Springfield 21, St. Clements 14, St. Laurent, four, Stonewall/Teulon nine, Unknown six and Winnipeg Beach/St. Andrews nine. Pinawa/Lacdubonnet, Powerview/Pine Falls and Whiteshell all recorded zero.

Health Canada approves Pfizer-BioNTech vaccine for kids

By Patricia Barrett

Health Canada authorized Pfizer-BioNTech's COVID-19 vaccine, Comirnaty, for children aged five to 11 last Friday after clinical trial data showed it was over 90 per cent effective against infection and had no serious side effects.

Comirnaty is the first vaccine authorized in Canada for children in this age group. It had been authorized for children 16 and older last December and in May for those aged 12 to 15.

"After a thorough and independent scientific review of the evidence, the department has determined that the benefits of this vaccine for children between 5 and 11 years of age outweigh the risks," said the Health Canada in a Nov. 19 statement on its website.

The two-dose vaccine for children in this age group is 10 micrograms, a lower dose than the 30 micrograms authorized for those 12 years of age and older, says the statement. Health Canada recommends the second dose be administered three weeks after the first although Canada's National Ad-

visory Committee on Immunization (NACI) recommends an eight-week wait between the first and second dose.

"The clinical trial showed that the immune response in children 5 to 11 years of age was comparable to the immune response in people 16 to 25 years of age," Health Canada said in the statement. "The vaccine was 90.7 per cent effective at preventing COVID-19 in children 5 to 11 years of age and no serious side effects were identified."

Health Canada said Pfizer-BioNTech is required to continue providing information to the department on the safety and efficacy of the vaccine in this age group.

Canada's chief public health officer Dr. Theresa Tam said children typically experience mild sickness when they contract COVID, but they can also get severely ill and die.

"Children have been impacted by COVID-19 in many different ways," said Tam during a news conference Friday to discuss the authorization for kids of in this age group. "Children

five to 11 generally get milder illness and some might be asymptomatic. But some of them will get severely sick, and some of them might develop severe outcomes such as the multi-system inflammatory syndrome ... where the hospitalization rate is very, very high."

The five to 11 age group now has the "highest incidence" of all age groups, she said, including children 12 to 17 and young adults who previously had the highest rates. And most outbreaks that are now being reported are from schools and daycare settings, especially primary schools.

"In the five to 11 years of age [group], we've had 123,379 reported cases [of COVID], 300 hospitalizations, 48 ICU admissions and, unfortunately, two deaths were reported," she said.

In addition to getting ill, children have had their school schedules disrupted. The vaccine will help them stay in school, she said, regain some normality and participate in fun things they want to do.

The benefit of getting the vaccine

Continued on page 9**> CONTACT US**

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View the Selkirk Record online at
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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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MPI with municipal partners up for safety

Submitted by MPI

For the second year in a row, Manitoba Public Insurance has provided 25 highly visible speed display boards in 13 communities thanks to a road safety partnership between the public auto insurer and various municipalities.

Confirmed participating communities are, Brandon, Steinbach, Winkler, Portage la Prairie, Thompson, Morden, The Pas, RM of Springfield, RM of West St. Paul, Altona, Ste. Anne, Rivers and Winnipeg.

The speed display boards are electronic signs that use radar to detect the speed of an approaching vehicle and display the speed on an LED variable message display. The speed display is typically combined with a static (non-electronic) display that includes the text "Your Speed" or similar wording.

"The intent of the speed display board is to encourage compliance with the posted speed limit by making motorists aware of their actual speed," said Satvir Jatana, MPI's Chief Customer Officer.

"Exceeding the speed limit or driving too fast for road conditions can prove fatal. Last year in Manitoba, at least 21 per cent (about one in five) fatalities had speed as a contributing factor. The goal is to reduce this statistic.

"These high visibility signs are intended to be used as reinforcements to the maximum posted speed signs to encourage compliance when transitioning to a lower posted speed, such as school zones and communities located along highways."

On average, 20 people are killed in a speed-related collision every year. Additionally, on average, nearly 900 people are injured in a speed-related collision every year.

Criteria used to determine appropriate locations for the boards consisted of roadways which have a high frequency of collisions; roadways known to have frequent issues with driving abiding by the posted speed limit rural highways which pass through a residential area that require drivers to be aware they need to decrease their speed (i.e.: 100 km/h down to 70 km/h).

letter to the editor

Letters to the Editor:
letters@selkirkrecord.ca

The Lord Selkirk School Division would like to announce that we have reached a settlement with CUPE for our clerical, custodial and support staff.

The four (4) year agreement affects approximately 287 employees and is effective from January 1, 2020 to December 31, 2023.

Highlights of the agreement include wage increases of 1.6%, 1.4%, 0.5% and COLA over four years and updates to the agreement.

We are pleased that we were able to come to an agreement where there was no interruption of learning for our students.

We would like to thank all of our custodial, educational assistants, library and clerical staff for their hard work, patience, support and dedication, especially through the challenges presented by the pandemic.

- Board of Trustees
Lord Selkirk School Division

> VACCINES, FROM PG. 8

outweighs the risks, she said.

"You've just heard that through clinical trials, that have been thoroughly studied by Health Canada through their rigorous process of review, that the benefits outweigh the risks. There were no significant safety signals in these initial trials and we will be continuing to monitor that," said Tam. "Parents should rest assured that we will communicate even rare outcomes that might come along as the vaccine program is rolled out."

Tam encouraged parents to speak with their child's health-care provider if they have concerns about the vaccine.

Deputy chief public health officer Dr. Howard Njoo, who also participated in the news conference, said that without hesitation he'd have his children vaccinated against COVID if they were in this age group.

"I'm a physician but I'm also a parent look-

ing at the risks and benefits of the vaccine. I've seen what happens in the rare cases of severe illness, and obviously no one knows what's going to happen in the future with long COVID and other long-term effects on children's health," he said.

In its Nov. 19 recommendation on the use of Comirnaty in children aged five to 11, NACI said clinical trial data didn't indicate serious safety concerns and that "no cases of myocarditis (inflammation of the heart muscle) and/or pericarditis (inflammation of the heart lining) related to the vaccine were reported." However, it went on to say that the size of the clinical trial "would not detect rare or very rare adverse events." The committee will continue to monitor the safety of the vaccine.

Typically, real-world data with millions of people reveal issues with vaccine safety.

Public Services and Procurement Canada is expecting 2.9 million doses of the paediatric vaccine after it negotiated an accelerated delivery schedule with Pfizer last month.

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Manitoba

Change 2 Change helping kids with outreach in Uganda

COVID changed how they do things but not what they do

By Katelyn Boulanger

In March of 2020, the pandemic closed schools, ended afterschool programs and, in general, made outreach in our communities happen in different ways. Kurt Petersen, a former Selkirk resident, who runs a program in Uganda that supports youth in this community, like us, has had to navigate how to keep kids there safe as well.

Petersen is the founder and director of Change 2 Change an organization involved in educating, equipping, empowering, and supporting youth and children primarily in Uganda.

"In 2009, I decided to go on a trip, which ended up being to Uganda. At that time, I had volunteered at an orphanage and I was only there for about six weeks but I fell in love with Uganda. I fell in love with the children but I was also overwhelmed with the need and the poverty and the lack in so many different ways. So, when I came back to Canada, that's when I said I need to do something about this," said Petersen.

In order to give to these children in need, he started out by collecting \$5000 in pennies to be able to distribute mosquito nets and shoes. Once Petersen went back to Uganda to deliver these supplies he connected more with the youth there and his need to give back ballooned into Change 2 Change.

"We support a number of children and youth by sponsoring them and giving them a good quality education. Before they were either not getting an education at all or [the] very lowest of quality because in Uganda you have to pay for school. If [they] don't have money, they don't go to school. We also provide residential care for a number of children in a home, which we call the Home of Champions and we also have an extension program for others that are living elsewhere. We also provide a number of public services to the community through our youth centre that we opened up and hands-on training, life skills training, mentorship, discipleship, sewing classes, different workshops, sports activities—basically, anything that a young person could be drawn to or could build them up," said Petersen.

He says that the effects of COVID have made his job a bit more challenging than they were before and have affected their income as well.

"As our income decreased a bit, the

needs of the people around us increased. So, we did have to close our doors to our public centre in the summertime for about a month or two. Schools have been closed since June and are still closed except for certain institutions which have just opened," he said.

He doesn't see this as a complete negative however as it has meant that when they do reach out they have been able to go beyond their public space.

"This year alone, which is not yet done, we provided over 5000 meals to youth and children throughout the community," he said.

Of course, the way that they fundraise has also had to be modified. In past years they would host the C2C Musical in Selkirk where draws and fundraising would happen in an upbeat community atmosphere. This year, again that event won't be able to happen so they have brought back their Change 2 Change Christmas Prize Draw.

"On Dec. 5, we will have the draw. There'll be four different prizes with the top prize being \$400 cash," he said.

Tickets are \$10 each and all proceeds except for a small portion will go to Change 2 Change. That small portion Petersen has decided should go back to the community for their support of C2C and so local organizations like the Selkirk Food Bank, Teen Challenge, Youth 4 Christ, Manitoba Soup Kitchen, and various local churches will receive donations.

Other ways that residents can help are monthly sponsorships of set amounts through their website or tax-deductible donations addressed to St George Wakefield Anglican Church, PO Box 219, Clandeboye, MB, R0C 0P0, Memo: Change 2 Change.

The money that is raised for Change 2 Change will go towards their operating costs which will continue to allow them to serve the children they help in Uganda.

In the future, Petersen hopes to start fundraising for a van for the organization so that they can increase their mobile outreach programming.

To learn more about Change 2 Change visit their website at <https://www.change2change.ca/>. To ask questions or purchase a ticket to the Change 2 Change Christmas Prize Draw email contact@change2change.ca or call 204-485-2467 or 204-481-2660. The organization is able to receive e-transfers.



RECORD PHOTO SUBMITTED

Kurt Petersen with some of our Home of Champion kids during a village visit.

Dynamic Duet



RECORD PHOTO BY KATELYN BOULANGER

Local musician Morgan Grace-Ginther and her dad Keith Ginther, chair of the Selkirk local Interlake Metis Association, played Sunday at the Ag. building in Selkirk Park as part of Holiday Alley.

New ownership and renovation for Phase 4

By Katelyn Boulanger

Many residents of Selkirk will have stopped by Phase 4 to get a haircut or other process done but if you haven't stopped by lately you won't have realized that a few things have changed in the past month.

"We bought the business for Oct. 1. We stayed open for seven or eight days and then we closed down for two and a half weeks and we basically got into the salon and we did a major overhaul— brand new equipment, paint, flooring, lights, decor and products and services and all that. So, it's been a really busy, exciting month and a half," said new owner Matthew Prychun.

Phase 4 has been a longtime institution in the community starting way back in 1984. Since then it has had two previous owners who have built the business's clientele and services up.

In this latest iteration of the business, Prychun has brought in new services, products and increased the staff with the goal of being able to provide walk-in appointments.

"We have space now for eight stylists. I mean keep in mind years ago when the business opened [almost] 40 years ago [times were different and] there was anywhere from 12 to 15 stylists in the building. With all the COVID [regulations and] everything else going on, we've tried to space everything out and scattered everything out to make everything safe and healthy," said Prychun.

One of the biggest changes that residents might notice if they stop by is that the building now has windows that let natural light into the salon. Prychun said that he was inspired to make



RECORD PHOTO BY BRETT MITCHELL

New Phase 4 owners Matthew Prychun and his family.

this change on the advice of one of the stylists who commented that the place felt a bit like a dancehall before. The chairs have also been placed in a different orientation in order to give it a new feel.

In the services department, they have made the decision to expand as well with keratin smoothing treatments which give a permanently straight appearance to curly or frizzy hair now being one of many new options.

After testing out many lines of products Prychun and his family chose to distribute Amike hair care products in their salon and Redken's line for men called Brews which has products like beard oils and other items that residents might enjoy.

They also are the only place in Selkirk you can get CBD products from the RELEAF line including bath salts, salves, creams and balms.

Many residents may recognize Prychun's name or face, as in addition to being a businessman in our community, he is on the board of the Selkirk Biz and a councillor in the RM of St. Andrews. It might seem like owning a salon might be a stretch for him and his family but this opportunity came as an extension of his real estate business.

"When the opportunity came up to buy the building, that was the plan, we were going to move our offices there, and it was just going to be another piece of property [in our] collection. Then the conversation kind of veered. [The previous owner] had the conversation with us about whether we'd be interested in buying the

hair business," said Prychun.

Now in addition he and his family can be found at Phase 4 in our community.

"I'm thoroughly enjoying it because it's kind of like being on the road or being on the stage again because I get to see people all day. I get to talk to people, and I love people. I love the business end of it and it's exciting because we have such great staff and great professionals," he said.

Giant Santa Selfies



RECORD PHOTO BY BILL NEWZMAN SMYTH

Santa came down from the North Pole in a big way last weekend with Giant Santa Selfies coming to Hoil-day Alley courtesy of Sunova Credit Union and Brad Hirst of Royal LePage. Residents were able to pull up, roll down their window and pose with Santa for a photo that was projected 30 ft. high. Giant Santa Selfies will be back next weekend on Nov. 26.



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All members show returns this December

Many beautiful pieces by local artists available right before holiday season

By Katelyn Boulanger

Are you looking for a present for a creative friend or family member? Maybe you're searching for a unique local holiday gift? Do you know someone with a few too many blank walls? Well, the best place in town to solve these problems is the Gwen Fox Gallery's December All Members Show where a variety of art from many local artists are available all month.

Like other galleries, the Gwen Fox Gallery is following public health orders and masks and proof of vaccination are required to enter. They also have a sign-in sheet for contact tracing and hand sanitizer available.

We can only feature a few of the amazing artists in the gallery this month but rest assured that there are so many more amazing pieces to check out.

The Gwen Fox Gallery is open from Tuesday to Saturday from 11 a.m. to 4 p.m.

Morgan Hoffmann

Hoffmann is a Selkirk artist who is featuring both his prop making and photography at the gallery this month.

Coming from an artistic family Hoffmann tried different types of art before moving into what he's doing now which is taking photos and making wands akin to those from fantasy movies and games.

"Grade two to grade eleven, I would just sketch in all of my notebooks which, of course, my teachers didn't like but in art class, I did pretty decently but mostly, [I've been influenced by] my mom [who] has been doing art, as since at least the 70s," he said.

The story behind the photography

piece that he's exhibiting this month is that he saw a bee full of pollen drifting through his friend's yard and he followed it for a few minutes until it started to float around the flower in the image. That's when he saw the perfect picture and snapped it.

Hoffmann says though he enjoys photography he spends more time making prop wands and that it's a very accessible way of making art for beginners.

"If you're just starting out and let's say you're kind of a low on money, wands can be pretty easy to come by because [you can start by] breaking off a stick off a tree or finding a stick off the ground. Just make sure it's clean. Make sure it's not too breakable and pretty pliable and then just design it to your heart's content," he said.

He also says that something that residents might have a misconception about because of movies like Harry Potter, is that wands are dark coloured. However, the wands that he makes are generally lighter in colour as part of the process is removing the bark and revealing the lighter wood underneath.

His advice to people first starting out in art is to find something that works for them.

"If you're ever intimidated by the medium you want to do. There are always multiple ways of doing it and if one medium doesn't work for you just try another," said Hoffmann.

Jan Kushnier

Kushnier is a ceramic sculpture artist who creates raku pieces. This month she has a mask and a fish sculpture that stand out because of their unique shades and expressive style.

"[Raku] is totally unique because the method of firing is very different. When you're working with ceramic you always bisque fire. What it's doing is hardening the clay and then you glaze on top of it. Raku glazes are very different. They have a lot of metals in them and

Continued on page

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RECORD PHOTOS BY KATELYN BOULANGER

Morgan Hoffmann.



RECORD PHOTOS BY KATELYN BOULANGER

Jan Kushnier.

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> GWEN FOX EXHIBIT, FROM PG. 12

as opposed to being put in the electric kiln, I heat them outdoors," said Kushnier.

The method of heating is quite different than normal ceramics as she brings the pieces up to 1800 degrees then when they are red hot she puts them in a garbage can with combustibles like newspaper and then uses the lid to extinguish the flame.

By using this unique method the areas where the flame touches become different shimmering colours and areas without glaze turn black.

"When you open the kiln I always [joke that] 'The kiln Gods will give you the good, the bad and then the downright ugly'," she said.

Kushnier was a school teacher who started her artistic journey looking for a new hobby. She tried other mediums but in 2000 attended a raku ceramics class and was hooked.

"I just found playing with clay was where my passion was and I always say that a little piece of me is always in everything because often when I start off making something I'm not exactly sure what it'll turn out to be," she said.

She suggests that other artists who are interested in trying raku ceramics find a class so that they can learn from

others.

"It takes a lot in terms of there is a science to it and the temperatures have to reach maturation point, and you need a special kiln and a blowtorch and all those things that people just wouldn't have in their backyard," said Kushnier.

Autumn Robbie-Draward

Robbie-Draward is an artist who works in both watercolour and acrylic mixed media. This month at the gallery she is exhibiting two of her mixed media works featuring teddy bears.

"The teddy bear series that was really inspired by my mother who used to sew bears from once loved fur coats," she said.

She started her art journey as a young child drawing and even making backdrops for her Barbie dolls to play in. She did photography for some time and then moved on to watercolour, acrylic and mixed media.

"When I retired early, I just got more earnest into my painting because I had the time. I was found that working I didn't really have that creative energy there until I was on holidays," said Robbie-Draward.



RECORD PHOTOS BY KATELYN BOULANGER

Autumn Robbie-Draward.

She says that she finds the inspiration for her work from connections—to people, the environment and animals.

She lives past Beausejour and once again says that she comes to the gallery for the connection.

"It's been really nice to have that connection, with people, with artists. I volunteer here once a month as a host and so it's just nice to stay connected

with a nice community," said Robbie-Draward.

Her advice to fellow artists is to look at other artists' work and find what speaks to them.

"A lot of my friends who are very accomplished artists, they are always like, 'I can't believe you paint in watercolour.' But if you like it, go for it," she said.

Have you started your holiday shopping yet?



RECORD PHOTOS BY KATELYN BOULANGER

A great place to support local, have some fun and find a really great gift is the Wishme Makers' Market which is part of Holiday Alley. Last weekend residents found candles, wreaths, knits, Selkirk gear and much more on both the upper and lower floors of the Gordon Howard Centre. The market will be on again next Sat. from 10 a.m. to 5 p.m. Left: Linda Rosser and Pheobe Thomas are ready to sell some Instant Wine Cellar tickets. Right: Residents peruse the colourful wreaths.

Holiday Alley finds the beat with dancing and drumming



RECORD PHOTOS BY KATELYN BOULANGER

The Bercier family and Tyson Prince livened up the Ag. building in Selkirk Park on Saturday with traditional Indigenous drumming and a traditional chicken dance. Residents who attended learned the history of the drum and how the chicken dance came to be part of First Nation's culture. Clockwise from top left: Prince in his regalia dancing. Residents drumming along with the Bercier family. The Bercier family entertaining the crowd.



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What is harm reduction anyway?

Submitted by Veda Koncan and Rune Breckon of the Manitoba Harm Reduction Network

For National Substance Use Awareness Week (November 21–27, 2021), Manitoba Harm Reduction Network (MHRN) is going back to basics with our social media campaign. We're elaborating on some of our favourite ideas about what harm reduction is, the places it intersects with, and all the amazing work happening on many important and interrelated issues.

Harm Reduction is a best practice model for providing services in health care and social service programming for people who are impacted by structural violence including the War On People Who Use Drugs. Rather than focus on individual behaviour, MHRN's approach to harm reduction focuses on how systems create and exacerbate harms to people who use drugs and other oppressed groups, often by design and with intent. We examine how racism and colonialism are built into our institutions, our own roles in these systems, and how to best serve people today while working for systemic change. We know that it is not enough to be non-racist, but that we must actively be anti-racist every day.

What does that mean, exactly?

Harm reduction is housing. It's access to basic resources. It's housing, bathrooms, drug use supplies. It's knowing you have food for when you come down. It's clean fresh water accessible to all. It's no more boil water advisories. It's not just a tiny house. It's a place to be with your loved ones.

It's a place to host, invite people to your table. It's playing on your floor with a toddler or a cat. It's a place to be, to sleep, to be well and nobody tells you how to be in that space. It's a safe space to use, where you don't have to worry about your stuff. It has a door that can be closed. It's a place in a community that loves you, where you can put down roots, have a garden, and live the way you want to.

Harm reduction is prison abolition. It's seeing and challenging racist legal practices. It's knowing the history. It's listening to people who use drugs about the harms of the ineffective drug war. It's understanding that no one should be in jail for weed.... Or any other drug. It's support for people currently inside and their families. It's not just second chances. It's all the chances you need. It's community accountability. It's defunding the police and funding community. It's peace-building. It's decriminalization. It's having someone else to call. It's crisis resources. It's childcare so parents can use safely. It's consent culture. It's decriminalizing sex work. It's no one is illegal. It's taxing billionaires. It's burning it all down and building something better than jails.

Harm reduction is a safe supply. It's no one dying of drug poisoning anymore. It's no more grieving parents, children, loved ones. It's keeping people alive long enough to reconnect. It's time together. It's client-led. It's physician followed. It's consent-based health care. It's no more aggressive tapering. It's people feeling safe talking about drug use with their providers. It's no more mandatory

reporting. It's substitution therapies and managed substance programs. It's supervised consumption sites. It's drug checking. It's knowing what you are getting. It's having a fun night with your friends and everyone making it home. It's using drugs to cope while you wait for other help. It's better mental health care. It's psychedelics for trauma. It's medical care as a connection to other resources. It's HIV and HepC treatment and care. It's PrEP and PEP. It's routine testing. It's having all the tools you need to feel and live well.

Harm Reduction is Ceremony. It's being a part of the community. It's connecting to your ancestors and traditions. It's knowing your language. It's swimming in freshwater. It's getting out of town. It's intergenerational healing. It's decolonial. It's being welcomed no matter your state. It's burning your medicines wherever you need them. It's universal precautions and routine practices. It's Indigenous-led. It's dancing. It's memorializing people we have lost to overdose. It's celebration. It's Sundance. It's forest baths. It's cultural birth practices. It's taking care of the planet. It's support for land defenders. It's land back. It's prayer. It's wisdom. It's joy. It's art. It's sex. It's time for your drug use ritual. It's sacred rest. It's dreams. It's bringing people together. It's knowing that you are the medicine.

Harm reduction is love. It's getting vaccinated to keep everyone safe. It's not idealizing rock bottom. It's knowing everyone needs different help. It's mutual aid. It's holding someone's hand while they sweat. It's a cool cloth on the forehead. It's reminding your friend to have water. It's challenging white supremacy and saviourism. It's calling in. It's having naloxone in case your loved one needs it. It's using the correct pronouns. It's ad-

vocating for better access. It's telling your story to move people. It's knowing when you want to keep your story to yourself. It's boundaries when you need them. It's giving someone a ride. It's loving people who might break your heart. It's volunteering. It's organizing. It's breaking the rules. It's keeping families together. It's parents bonding with their babies. It's checking in on a neighbour. It's helpers. It's accessibility. It's having fun with your friends. It's universal basic income. It's universal childcare. It's universal support. It's that moment when you and your high friend are on the same astral plane seeing the same magic in the sky. It's self-love. It's community care. It's loving people who use drugs.

The MHRN and all of their sites are located on Indigenous Land. Specifically, we are located on Anishinaabe, Ininew, Anish-Ininew, Dene, and Dakota Land and are also in the homeland of the Metis Nation. Our central office is in Treaty 1 and we have been invited to work in Treaty 1, 2, 3, 4, and 5 territories. As a non-Indigenous organization we are committed to the principles of decolonization and reconciliation and are committed to integrating the TRC Calls to Action into our work.

The Manitoba Harm Reduction Network works toward equitable access, systemic change, and reducing the transmission STBBI through advocacy, policy work, education, research and relationships. This is done by administering 11 regional harm reduction networks and 12 regional peer advisory councils of people who use drugs, that provide services, education, advocacy and events that are relevant to their specific communities. For more information about us, check out our website - www.mhrn.ca.



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Pride in supporting our community

TJ's Gift Foundation provides resources for youth

By Katelyn Boulanger

There are many excellent resources in our community that help people with addictions. From the Manitoba Harm Reduction Network to the healthcare providers at our local Health Authority to the businesses in our communities that have chosen to keep available and sometimes even distribute naloxone kits. TJ's Gift Foundation is a Manitoba organization that comes before those resources helping kids feel empowered to say no to drugs.

T.J. Wiebe was a caring 20-year-old who played many musical instruments, liked to go snowmobiling, and felt the weight of the world on his shoulders from a young age.

He was murdered on January 5, 2003. Though he was not killed directly due to drug consumption, his mother and executive director of the TJ's Gift Foundation, Karen Wiebe says that his use of drugs put him in touch with the person who ultimately took his life.

"This Foundation was created as a response to the drug involvement that T.J. had and the wish to have help kids make safer choices so that they were not ending up being involved with people they didn't know, being in unsafe situations, and as an extreme, of course, losing their lives. And, their families not having to be put in the same position that we were put in when T.J. was murdered," said Wiebe.

The foundation reaches out to children in many ways to tell T.J.'s story and let youth know that getting involved in drugs can mean that they are put in situations that they don't have knowledge or experience in, and that could turn out poorly for them.

One of the ways T.J.'s mother spreads this message is by presenting to schools free of charge, either in person or over zoom, telling his story and allowing kids to understand what happened.

"I do go to schools, I teach, and I talk about the choices he made, about the

choices the killers made, [and] about their choices that they can make to be safe. I encourage them to take a pledge to themselves. We actually handle pledge cards that are for themselves. They're not for their parents or teachers; they're for themselves and ask them that when they're ready to sign, they sign it and hold it in an important place. And, we know that that actually has been a very important function, because we've had kids through the years that have reported to us," said Wiebe.

Another way that they help is through Battle of the Bands, which is hosted every year in February.

"It's an opportunity for kids in high school that have garage bands to have their bands perform and to win prizes to share," said Wiebe.

Last year, the grand prize was a recording by Bedside Studios and 25 custom T-Shirts printed by Crazy Maiden.

"We open this up to every kid without saying you have to be drug-free. We want all kids to come. But we also tell T.J.'s story at this event," said Wiebe.

Pre-COVID, they also hosted Rockin' for Choices as an event where local bands come together to perform and speak about their experiences with drugs and why they choose to be drug-free.

Another project they have created is a children's book written in collaboration with students called *Little One*. This book is for children who are coming from homes where there may be addictions present.

"[Students who come from homes with addictions] come to school. School is a safe place for them but it's also a foreign place because the other kids that go to school also go to the zoo with mom and dad, have Fort Whyte memberships, and go Christmas shopping. These kids don't receive those things. So, it's also a place of alienation for them, and we want to get something in their library, something that's for those



RECORD PHOTOS SUBMITTED
'Little One' a book for children who come from homes with addictions put together through TJ's Gift Foundation.

kids that would offer them hope and offer acknowledgement of their own resiliency," said Wiebe.

Currently, the group is hosting a video contest until the end of January.

"[The video contest] is wanting kids to create videos, talking about the dangers of drugs, as they understand it because kids are so amazing. They present things and the ideas they have and their understanding of how their friends think [in their own ways]," said Wiebe.

She believes that sharing her lived experience of T.J.'s story allows the kids who hear it to understand the impact that the choice to use drugs can have on not just them but their whole community.

"What we're trying to do is reach kids at a basic level with a very true, very powerful message," said Wiebe.

To learn more about TJ's Gift Foundation, their programs or purchase a copy of *Little One*, visit their website at <https://www.tjsgift.com/>.

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Tribune

Your Holiday Cooking Guide



The past couple of years have taught us many lessons, one very important one being how grateful we are to have the support of our communities that allow us to continue to **SERVE YOU.**

Recipe for a Merry Christmas

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2ND ANNUAL 2021 HOLIDAY FAVOURITE

Recipes



Appetizers

Easy Cheese Ball

3 packages cream cheese
2½ cups shredded cheese (I prefer tex-mex or cheddar)
1 package Ranch dressing mix

Mix well. Roll in chopped nuts and or dried cranberries. I make several balls or logs, wrap them in plastic wrap and put them in the fridge or freezer... ready to serve or gift!

Patsy Zdrill, Selkirk

Layer Taco Dip

500g sour cream
1 package taco seasoning mix

Mix and let sit overnight in fridge to blend flavours. Spread mixture in pizza pan or deep plate. Top with shredded lettuce, diced tomatoes, chopped green onions and finely grated cheddar cheese. Serve with tortilla chips.

Elizabeth Gregg, Gimli



Soups

Mushroom Soup

1 cup fresh, sliced mushrooms
1 can mushroom soup
1 tbsp butter
2 cups milk
1 package seasoned croutons
To taste: salt, pepper, parsley, paprika, garlic powder

Fry mushrooms in butter, set aside. Place milk, soup and seasoning in skillet and bring to a boil. Add fried mushrooms and simmer 10 minutes. Serve hot. Top with croutons and seasoning.

Margaret Hryciw, Selkirk

Spicy Zucchini Soup

4 tbsp Sunset Gourmet Garlic Olive Oil
1 onion finely chopped
3-4 cloves chopped garlic
5-6 cups chopped zucchini
1 carton chicken broth
1/2 cup fresh cilantro chopped up
2 tbsp fresh lemon juice
salt and pepper to taste
2 tbsp Sunset Gourmet Jalapeno & Dill hot sauce

Saute onion, garlic in oil for few minutes, add zucchini and saute till they are soft. Add salt and pepper. Transfer to a dutch oven pot, add broth, half of the cilantro and hot sauce. Bring to a boil then simmer for half an hour. Add lemon juice and puree in blender. Serve with few cilantro leaves on top as garnish.

Dianne Medwid, Dauphin



Salads

Shrimp Mousse

1 package cream cheese
1 can tomato soup
Bring to a boil until cream cheese melts. If there are any lumps, beat them.

Add:
1 ½ envelopes unflavoured gelatin
¼ cup cold water
Let sit for 10 minutes.

Add:
1 cup miracle whip
1 cup finely chopped celery
1 cup chopped green onion
1 tin shrimp

Place in mould and let sit overnight.

Elizabeth Gregg, Gimli



Beverages

Minty White Chocolate Cappuccino

1 ½ cup Carnation evaporated milk, heated
1 ¼ cup hot coffee
½ cup white chocolate, chopped
¼ tsp mint extract

Place ingredients in blender. Process until smooth. Serve hot.

Margaret Hryciw, Selkirk



Breads & Buns

Brown Buns

2 eggs
4 tbsp sugar
2 tsp salt
6 tbsp oil
3 cups warm water
2 tbsp yeast (instant, fast acting)
7 cups flour (4 cups whole wheat, 3 cups white)
½ cup ground flax

Mix first 5 ingredients. Add some flour, then yeast, then gradually add rest of flour and ground flax. Cover to let rise and double in size, punch down, shape into buns. Cover to let rise for 1 hour or until double in size. Bake 15-18 mins at 350 degrees.

Ann Marie Lapointe, Winkler

Focaccia Bread

1 tsp white sugar
1 (.25 ounce) package active dry yeast
1/3 cup warm water
2 cups all purpose flour
2 tbsp olive oil
Tsp cracked sea salt
Cherry tomatoes (optional)
Tsp herbs (your favourite)

In a small bowl, dissolve sugar and yeast in warm water. Let stand until creamy, about 10 minutes. In a large bowl, combine the yeast mixture with flour, stir well to combine. Stir in additional water, 1 tablespoon at a time, until all of the flour is absorbed. When the dough has pulled together, turn it out onto a lightly floured surface and knead briefly for about one minute. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 30 minutes. Preheat oven to 475 degrees. Deflate the dough and turn it out onto a lightly floured surface; knead briefly. Pat or roll dough into a sheet and place on a lightly greased baking sheet. Brush the dough with oil and sprinkle with salt, herbs and tomatoes. Bake focaccia in a preheated oven for 10 to 20 minutes. If you like moist and fluffy, wait just about 10 minutes. If you like it crunchier and darker on the outside, wait 20 minutes. * I like to use Italian dried herbs and add cherry tomatoes to the top before baking.

Vanessa Figus, Winnipeg

Season's Greetings



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2ND ANNUAL 2021 HOLIDAY FAVOURITE Recipes

Baking & Desserts

Almond Butter Balls

Cream together:
1 cup butter
3 tbsp icing sugar
1 tsp vanilla
1/8 tsp almond extract

Add:
2 cups flour
1 cup sliced blanched almonds (slightly crushed)

Mix well and roll into tiny balls approximately 3/4 inch. Bake in 350 degree oven for 20 minutes or until slightly brown. Cool slightly, then roll in icing sugar – cool well before serving. Tip* don't try rolling in icing sugar until the balls have cooled a bit or the icing sugar will melt. These freeze well and everyone loves them!

Sylvia Thorgilsson, Lundar

Belgium Honey Cake

1 cup white sugar
2 cups honey
2 eggs, well beaten
6 cups flour
4 tsp baking powder

1 tsp cinnamon
2 cups milk
3 drops aniseed, if preferred (oil of aniseed)

Mix sugar, honey and beaten eggs well all together. Add remaining ingredients. Mix well all together. Let stand for 10 minutes. Put in bread pan. Bake at 325 degrees F slowly for 1 hour. Put in a crock for a while; it will taste better.

Noreen Grenier, St. Leon

Christmas Cake

1lb butter
2 3/4 cups brown sugar
4 cups cake flour
9 eggs
2 tsp cinnamon
1/2 tsp allspice
1/2 tsp cloves
1 tsp baking soda
2 tbsp fruit juice
2lb seeded raisins (Thompson are best)
2lb sultana raisins
1lb currants
1lb mixed peel
1/2 almonds, peeled
1/2 lb glazed cherries
2 tsp brandy flavouring

Cream butter, add half sugar, add well beaten egg yolks. Beat egg whites until standing in peaks. Add rest of sugar to the egg whites, beat until stiff. Fold into butter mixture. In hot water wash fruits, then drain. Add almonds, cherries and peel. Sift flour, add spice and baking soda over fruit mixture and mix. Add to egg mixture, add juice and flavourings. Bake in 275 degree oven for about 4 hours. Leave in pan to cool. For flavourings you can add amaretto or apricot brandy.

Alberta Horsman, Carman

Best Shortbread Cookie

1/2 cup cornstarch
1/2 cup icing sugar
1 cup flour
3/4 cup soft butter

Put 3 ingredients in a bowl and add butter and make into a soft dough. Shape into small balls and place on a plate and put in fridge for 1/2 hour. Place balls on parchment paper in a cookie sheet spaced 3" apart. Flatten balls with a fork dipped in white sugar with a "x" formation. A maraschino cherry cut in half is another lovely topping. Bake at 300 degree F for approximately 15 minutes. Delicious! My husband and I have tried various recipes for "the best tasting one". This is an old recipe my Aunt Joyce gave me.

Valerie Nordquist, Carman

Corn Flake Slice

1/3 cup margarine
30 large marshmallows
1 tsp almond extract
2 1/2 cups corn flakes
1 cup medium sweetened coconut
1 cup flaked almonds

Melt margarine and marshmallows together on low heat. Once melted remove from heat and add almond extract, corn flakes, coconut and flaked almonds. Press all into a greased 8x8 pan.

Elizabeth Gregg, Gimli

Crunchy Oatmeal Cookies

1 cup of flour
2 tsp of baking soda
1 tsp of baking powder
1/2 tsp of salt
1 cup of margarine
1 cup of sugar

1 cup of brown sugar, packed
2 eggs
1 tsp of vanilla
2 cups of cornflakes
2 cups of uncooked quick oats

Optional, but I highly recommend! Cinnamon and nutmeg – as much or as little as you want! Your choice of chopped nuts... as much or as little as you want! Preheat the oven to 325 degrees. Mix the flour, baking soda, baking powder and salt, as well as the cinnamon and nutmeg if you choose to use it. Next, cream the margarine and sugars in a large bowl, and beat in the eggs and vanilla. Add the flour mixture and give it a good stir. Then, combine the cornflakes and oats, as well as the chopped nuts if using. Lightly grease or line a baking sheet with parchment paper. Drop the batter by a heaping tablespoon and allow space for the cookies to expand. Bake in the oven for 12 to 14 minutes. Once they are done, let cool and transfer to a wire rack. This recipe makes about 48 cookies, but once you taste them, but you may want to double it! The great thing about this batter is that it gets better the longer it sits, so you can store the rest in the freezer if you need to. Enjoy! Recipe from: Women's Circle. (1992)

Skylar Anderson, Teulon

The Flower Child

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Stay Safe

2ND ANNUAL 2021 HOLIDAY FAVOURITE Recipes



Baking & Desserts

Delicious Rice Pudding

1 tin coconut milk 1 cup short grain rice
2 cups skim milk 1/4 cup sugar

Mix and put in pot. Stir often. Ready when rice is soft. You can add some raisins and 1/4 tsp cinnamon. At Christmas put a spoon of Cool-Whip topped with red and green cherries.

Merle Willis, Petersfield

Drizzle Chocolate Mint Bars

1 cup chipits 1 1/2 cups graham wafer crumbs
(1/2 regular and 1/2 mint flavour) 1/2 cup walnuts, chopped
1/4 cup margarine 2 cups icing sugar
1 egg 2 tsp milk
1/4 margarine Green food colouring

Melt chipits and 1/4 cup margarine. Reserve 1/4 cup for drizzle. Add 1/4 cup icing sugar and egg to remaining chipits and beat well. Stir in wafer crumbs and nuts. Press into 8" pan and chill. Cream 1/4 margarine, icing sugar and milk until fluffy. Add green colouring. Spread over base, drizzle remaining melted chipits over top. Chill. Cut into bars and serve.

Stacy Layne, East Selkirk

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Easy Orange Cranberry Shortbread

1/2 cup raisins (dried cranberry)
3/4 cup sugar, divided
2 1/2 cups all purpose flour
1 cup butter
Zest of 1 orange
1 to 2 tbsp orange juice
Additional sugar to coat cookies
Line baking sheet with parchment. Combine cranberries and 1/4 cup of sugar in food processor, process until cranberries are broken. Set aside. Combine flour and sugar in large bowl. Use pastry cutter to cut in butter into very fine crumbs. Stir in cranberry mixture, orange zest and juice. Use your hands to knead the dough until it comes together to form a ball. Shape into log about 2" wide. Wrap in saran and refrigerate 2-72 hours. Cut cookies into 1/4" thick and dip in sugar. Bake at 350 degrees for 12-15 minutes. Do not overbake! Cool at least 10 minutes on cookie sheet.

Stacy Layne, East Selkirk

Eggnog Donuts

Mix:
1 egg beaten
1/2 cup sugar
1/2 cup eggnog
2 tbsp melted butter

Sift:
1 1/2 cup flour
2 tbsp baking powder
1/4 tsp nutmeg
1/8 tsp salt

Add dry mixture to wet mixture and mix well. Roll about 1/4 to 1/2 inch thick. Cut with donut cutter or cookie cutter. Reuse dough if you want to just fry up the pieces. Use canola oil 375 degrees, one to two minutes or until golden brown. Sprinkle with icing sugar when cooled.

Margaret Hryciw, Selkirk

Gingerbread Men (Lebkuchen)

2 cups shortening 2 tbsp baking soda
3 cups molasses 1 tbsp ginger
1 cup sugar 1 tbsp ginger
8 cups flour 1 tbsp cinnamon
1 tsp salt 1 1/2 cups buttermilk

Heat molasses and sugar. Add shortening. Chill dough for several hours. Turn out on floured board. Roll 1/4" inch thick. Cut and back at 350 degrees. Decorate with favourite frosting and small candies.

Elaine Plett, Fisher Branch

Merry-Berry Cheese Bars

2 cups flour
1 1/2 cup oatmeal
3/4 cup packed brown sugar
1 cup butter softened
Preheat oven to 350 degrees. Grease 9x13 pan. Blend flour, oatmeal, 3/4 cup brown sugar and butter together until crumbly. Set aside 1 1/2 cups of mixture and press the rest in pan. Bake 15 minutes until golden.

8oz cream cheese softened
14oz can sweetened condensed milk
1/2 cup lemon juice
2 tbsp corn starch
1 tsp brown sugar
16 oz can whole cranberry sauce
With mixer beat cream cheese until fluffy. Gradually add the condensed milk and then the lemon juice. Spread over baked crust. Combine cranberry sauce, cornstarch and 1 tsp brown sugar. Pour over the cheese layer and top with remaining crumbs. Bake 45 minutes until golden. Cool before cutting into bars. These freeze well.

Pearl Gigolyk, Lockport

Peanut Butter Rice Krispie Balls

1 cup corn syrup
1 cup sugar
1 cup smooth peanut butter
4 cups rice krispies
1/2 cup chocolate chips

Place corn syrup, sugar and peanut butter in a saucepan. Bring just to a boil. Remove from heat and pour over rice krispies. Stir well to combine. Butter hands and quickly roll into 48 one-inch balls. Set on a sheet of wax paper to cool. When cooled, place chocolate chips in a plastic bag and microwave until softened. Cut a tiny hole in one corner of the bag and drizzle the chocolate over the balls.

Pearl Gigolyk, Lockport

Snickerdoodle Cookies

2 1/4 cups flour
1/2 tsp salt
1 tsp baking powder
1/2 tsp baking soda
1 1/2 cups sugar
1/4 cup or 2 oz. cream cheese
6 tbsp butter (melted but still warm)
1/3 cup oil
1 egg
1 tsp milk
2 tsp vanilla or almond flavouring (my favourite)

Mix well. Roll into small balls and roll in a mixture of sugar with a small amount of cinnamon. Bake on parchment paper on the pan. Bake at 325 degrees for 12-14 minutes.

Patsy Zdrill, Selkirk

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Baking & Desserts

Homemade Turtles

3 cups whole pecans
 ½ cup butter
 1 cup brown sugar
 ½ cup corn syrup
 dash salt
 7 oz sweetened condensed milk (half of a 14 oz can)
 ½ tsp vanilla
 1 ½ cups milk chocolate chips
 ½ tsp vegetable oil or shortening

Place pecans in a single layer on a baking sheet. Bake at 350° for about 10 minutes or till lightly browned and fragrant. Let cool. Arrange in clusters of 3-4 on silicone liners or parchment paper. Combine butter, brown sugar, corn syrup, and salt in a 6 quart pot. Bring to a boil over medium heat. Add the sweetened condensed milk and vanilla. Continue cooking and stirring till mixture reaches 235-240 degrees. Quickly spoon the caramel over the pecan clusters, making sure caramel is touching each of the pecans. Let sit to harden. Melt the chocolate chips and oil in the microwave at half power, stirring often till smooth. Spoon chocolate on top of each layer of caramel. Let sit for 1-2 hours, or till hardened.

Michelle Balharry, Lockport



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Chili Lime Meatballs

2.2kg lean ground beef
2 cups breadcrumbs
3 eggs
1 cup jalapeno, chopped
¾ cup green onion
2 tbsp red curry paste
4 tbsp Asian seasoning
2 tbsp garlic
1 tsp Himalayan sea salt
1 pinch dried chili flakes
zest of 1 lime

Michelle Balharry, Lockport

Mix all ingredients well in a large bowl using gloved hands. Portion on stoneware brushed with olive oil. This makes the meatballs juicy and extra crispy. Roll meatballs gently to smooth edges, but do not compact. Bake at 400F for 25 minutes or until desired crispness.

Teriyaki Lime Sauce

Homemade Teriyaki sauce (can be used on meatballs)

½ cup soya sauce
2 cups water
1 tsp grated ginger
½ tsp Garlic Rub
½ cup packed brown sugar
2 tbsp honey
4 tbsp cornstarch
½ cup cold water
juice of two limes

Mix all except the cornstarch, lime juice and the 1/2 cup cold water in a sauce pan and begin heating. Whisk cornstarch and cold water in a cup and dissolve. After sauce is simmering, add

Michelle Balharry, Lockport

cornstarch and water mixture, whisking until sauce thickens. Heat until sauce thickens to desired thickness. Add water to thin if needed or cornstarch to thicken.

Remove from stovetop and let cool. When cooled add juice of 2 limes and whisk well. (if you don't want to make Teriyaki sauce from scratch, Our Compliments is a good bottled brand. Place meatballs in slow cooker. Add the sauce. Gently mix to cover. Store in refrigerator until ready to use. Warm in crockpot and serve.

Traditional Turkey Stuffing

1lb pork sausage
1 large onion chopped
2 tbsp prepared mustard
1 tbsp poultry seasoning
3 ribs of celery chopped
2 tbsp mayo
½ tsp sage
3 eggs beaten
1 loaf whole wheat bread, day old, cubed
2 loaves white bread, day old, cubed
900ml carton of chicken broth (fluid)

In large non-stick skillet coated with cooking spray, cook the sausage, celery and onion over medium heat until meat is no longer pink. Drain. Remove from heat. Stir in the mayo, mustard, sage and poultry seasoning. Place bread cubes in a large bowl. Add sausage mixture. Combine eggs and broth. Pour over bread cubes and stir gently to combine.

Option 1. Transfer to cooking dish coated with pan spray. Cover and bake at 350 degrees for 30 minutes. Uncover and bake 12-18 minutes or until lightly browned and thermometer reads 160.

Option 2. Stuff turkey with dressing. When cooked, remove all the dressing and transfer to a casserole dish. Freezes well. Delicious! Enjoy.

Care Holmes, Stonewall

Lazy Holobchi

1 lb hamburger and 3 slices bacon diced
1 onion chopped
3 cups cooked minute rice
1 head cabbage. Freeze ahead and thaw to soften
1 can tomato soup and 1/2 tin water
1 1/2 cup pasta sauce
Garlic and oregano to taste
Salt and pepper to taste
Brown hamburger and bacon and onion. Drain off fat. Add seasonings and mix all with cooked rice. In separate bowl mix soup and sauce together. Core cabbage, remove vein and separate leaves. Alternate layers of cabbage and hamburger mixture and sauce in a casserole dish. Cover with tin foil and bake at 365 degrees for 1 1/2 hrs or until cabbage tender.

Georgia Campbell, Lockport

Honey Glazed Ham

2 cups packed light brown sugar
1 cup honey
½ cup Dijon mustard
2 tablespoons unsalted butter
2 tablespoons apple cider vinegar

While the ham is heating in the oven, place all the ingredients in a medium saucepan over medium-high heat and bring to a simmer, stirring regularly to break up any lumps. Reduce the heat to medium-low and continue to simmer slowly until reduced by a third, darkened, and thickened, about 20 minutes. Remove the ham from the oven, uncover, and baste with the warm glaze, working the glaze between the cuts in the ham wherever possible. Return the ham to the oven for the last 30 minutes of cooking.

Lucy Kowalchuk, West St. Paul

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Figgy Duff

NEWFOUNDLAND CHRISTMAS PUDDING

4+ cups bread crumbs
1 tsp ginger, allspice, cinnamon (each)
1 tbsp hot water
3 tbsp molasses
1 tsp baking soda
½ cup melted butter
½ cup flour
1 cup raisins
½ cup brown sugar

Soak bread in water for a few minutes. Squeeze out water (measure without pressing down). Combine bread, raisins, sugar, salt, spices and mix with a fork. Add molasses, melted butter and soda which has been dissolved in hot water. Add flour and mix well. Pour into a greased mould. Steam for 2 hours. Serve with sauce.

HOT RUM SAUCE

¾ brown sugar 3 tbsp cornstarch
¼ tsp salt 2 cups water
¼ cup butter 1 tsp vanilla
1/3 cup rum ½ tsp nutmeg

In a microwave bowl, combine sugar, cornstarch, salt and water. Cook on high for 2-3 minutes. Stir after one minute. Blend in butter, vanilla, rum flavouring and nutmeg

Care Holmes, Stonewall

Perishky

Mix:
7 cups flour
1 tbsp instant yeast (fast rising)
1 tsp salt
Beat:
2 ¼ cups water
½ cup sugar
2 eggs
1 cup oil
Add to flour mixture, mix and let dough rise until it doubles in bulk.
Filling:
4 hard boiled eggs, mashed fine
Salt and pepper
1tbsp butter
1 bunch finely chopped green onion
1 finely chopped green bell pepper

In frying pan add 1 tbsp butter (more if needed). Add green onions and pepper and fry until soft and wilted. Remove from heat and cool. Add to egg mixture, mix well. Make buns by rolling out dough to ¼ inch thick, use round cookie cutter. Put about 1 tsp of filling in dough depending on size. Do not stretch dough. To seal, wet dough all around, fold in half press together and poke in ends. Bake in a 350 degree oven until golden brown, about 25 minutes.

Margaret Hryciw, Selkirk



Ethnic Favourites

Maple Sugar Pie

A French-Canadian tradition, very sweet, very rich!

1 unbaked pie shell 1 ¾ cups whipping cream
1 cup water ½ cup butter
1 cup sugar ½ cup flour
1 cup brown or maple sugar

In a heavy saucepan combine sugars with water and bring to a boil. Reduce heat and simmer for 8 minutes, stirring constantly. Add cream and set aside. In a heavy metal frying pan (not iron), melt butter over low heat and add flour a little at a time. Stir with a whisk until thick but not brown. Add cream-sugar mixture, stir until smooth. Let cool and then pour into pie shell. Bake in a 350-375 degree oven until set about 25 – 30 minutes. Serve with whipped cream or ice cream.

Joan & Gord Taylor, Selkirk

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Ukrainian Kutya

Best made several days before use, to allow flavours to mix
2 cups wheat
Wash wheat in cold water and then soak overnight
Next day, bring water to boil and simmer wheat 4 to 5 hours, stirring occasionally

1 cup poppy seed
Scald with hot water, let soak for 30 minutes
Drain, and grind the poppyseeds

Liquid Mix:
½ cup honey
½ cup sugar
½ cup hot water
Pinch of salt
(can use more honey, if wanted sweeter)

½ cup chopped pecans

Mix wheat, poppy seeds, pecans and liquid together
Add a dash of cinnamon
Stir well and refrigerate

Kutya is served cold, in a small bowl, on Christmas Eve and again on Christmas Day. It's served as an appetizer, before the big meal. It represents farmers thanking God for good crops in the year past and in the year to come.

Debbie Kashuba, Lockport

Hnatiuk Law

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LHA takes home Recreation Builders Award

Submitted by the RM of St. Clements

Congratulations to Lakeshore Heights Association who won this year's Interlake Municipal Recreation Association (IMRA) Recreation Builders Award. Typically an Awards Dinner would be held but due to COVID-19, things had to be done on a slightly smaller scale. Mayor Debbie Fiebelkorn presented the award to Edith and Herb Summerfield who accepted it on behalf of the Lakeshore Heights Association at the Nov. 16 Council Meeting.

Lakeshore Heights is situated on the eastern shores of Lake Winnipeg and is about 3 km south of Grand Marais. There are approximately 290 residential lots, with both permanent and seasonal residents, which continue to grow. The Association recognizes the importance of recreation for their residents within their community and has put in the hard work, with the help of other volunteers, to provide just that to the area. A number of recreational spaces along the lake include play structures, a beach volleyball court, a basketball court, horseshoe pits and a picnic shelter with picnic tables.

"In the past, the municipality has assisted with grant funding for some projects but more recently the Association has done fundraising and used their own funds for projects. The Association is always looking for ways to improve the area for residents and their guests and are presently working with our Recreation Director to make the feature more accessible and update some dated equipment," said Fiebelkorn.

When accepting the award, Edith Summerfield helped provide an insight into what makes Lakeshore Heights such a vibrant community.

"Lakeshore Heights boasts multiple beautiful green space areas with the residents being the gatekeepers of the green spaces. They realize the importance of improving and enhancing these much-valued community spaces and appreciate the value of having these areas for neighbours, friends and kids to gather and make new friendships," she said.

The Association also strives to provide communication to their residents so they can stay connected. They took on the task of obtaining the email addresses and phone numbers of each resident so that they can send out important information via email, in addition to their website, Facebook, bulletin boards throughout the community and brochures available for new owners.

"Our biggest and best asset is volunteers", said Summerfield. The vol-

unteers help event hosts run an abundance of events that they really pride themselves on, including a community garage sale, family picnic, volleyball tournament, pancake breakfast, horseshoe tournament, golf tournament and dinner and trivia night to name a few, with new events being added every year."

The RM feels that they couldn't be more proud that the community of Lakeshore Heights, within the RM of St. Clements, were awarded and recognized for their hard work and dedication to providing such an enriched place for people to call home as they truly recognize the value of community.



RECORD PHOTO SUBMITTED

Edith Summerfield of the Lakeshore Heights Association accepting the IMRA Recreation Builders Award presented by Mayor Debbie Fiebelkorn.



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C'mon and take a free ride around Selkirk

Submitted by the City of Selkirk

Jason Boyd knows a thing or two about deliveries.

The owner of Frank's Pizza has been responsible for bringing fresh 'za to Selkirk and area doorsteps for years and he's now expanding his partnership with the Selkirk Transit Authority to help deliver young people to local destinations as well.

Frank's Pizza will be providing free youth passes for Selkirk Transit from December of this year to March 2022.

Manager of Transportation Services Charlene Dunning said Frank's Pizza already sponsors STA Youth Passes and by doing so reduces the monthly pass from \$45 to \$20. They'll now be free to riders 17 and under for the next four months.

"We appreciate [Boyd]'s sponsorship of STA and we're really excited about being able to offer free rides to youth," Dunning said.

"We want to increase ridership in

the youth demographic and this is a perfect introduction to the system for them."

A few years ago, Boyd established Frank's Fund to help reduce the price for youth organizations chartering a Selkirk Transit bus.

"[Boyd]'s daughter was in daycare at the time, and he became aware of the daycare and other youth organizations chartering the bus," Dunning said.

"He wanted to help out and so he worked with us to create the fund to make the charters more affordable."

The fund was a success, but charters ground to a halt during COVID.

With money built up in the fund, Dunning approached Boyd about using it to offer free youth passes.

Boyd was all over it.

"Any chance that we get to help out, anything we can do, we want to do it," Boyd said.

"Subsidizing the youth passes and



RECORD PHOTOS SUBMITTED

Frank's Pizza is helping out with free transit passes for youth in the next 4 months.

making them more affordable is great, but now with the buildup in the other fund, it makes sense to help out with free passes. So we're happy to do it."

Coun. Doug Poirier, a city representative on the STA board, said in-

creasing youth ridership is a priority, and offering free passes in the dead of winter when walking can be challenging makes perfect sense.

"[Boyd] is a great community guy. His involvement with the bus passes is great. His generosity, personally and through his business has made a difference in the community," Poirier said.

The city just passed its Greenhouse Gas Accountability By-law and Poirier said getting more people on the bus and out of individual cars is huge.

"The City of Sel-

kirk is working to reduce its greenhouse gas emissions, we're taking action on climate change and it's important that we educate this younger generation about riding the bus," Poirier said.

"You're hoping that as they grow up, they'll get their friends and parents to ride. If we can educate the younger generation about how important it is to have fewer vehicles on the road, then we're moving in the right direction."

The City of Kingston, Ont., increased its annual high school bus ridership from 28,000 to 600,000 by offering free passes and educating students on how to take the bus and the benefits of it.

Known as 'The Kingston Model', the passes and annual Grade 9 student orientation not only teaches students how to take the bus, it explains the social, economic, health and environmental benefits of riding.


Poirier said the city is always looking for innovative ways to do better, and council was impressed with what Kingston was able to accomplish.

"Selkirk's on the map for what we're doing, both locally and on a national scale," Poirier said.

"Taking action on climate change is important to Selkirk council. We're a growing community and getting the next generation on the bus is a good initiative."

Members of our Selkirk & Distric Community Foundation delivered cookies as part of the Endow Manitoba 2021 Giving Challenge






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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals defeat Kodiaks in epic varsity girls' volleyball final

By Brian Bowman

The Selkirk Royals' varsity girls' volleyball team had a fantastic battle with the River East Kodiaks in the KPAC Tier I final last Friday at the Comp.

Selkirk won the epic matchup 3-2 by scores of 25-11, 23-25, 27-29, 25-23, and 18-16.

Wow, what a win.

"We came out flying in the first set and it was probably our most complete (set) of the entire season," said Royals' coach Chad Whiteside. "Our attack was aggressive and consistent (and) we served very well. But we talked about it between sets to expect River East to be a lot better in the second set. They just had a slow start. From that point forward, it was back and forth."

Those tight wins by Selkirk in the fourth and fifth sets were really impressive under immense pressure.

"The fourth and fifth sets were incredible," Whiteside said. "They were incredibly tight the whole way through."

In the fifth and deciding set, Selkirk held leads of 10-3 and 14-9 but River East didn't quit and scored five consecutive points to pull ahead 15-14.

Tied at 16-16, the Royals scored the final two points

Continued on page 38



RECORD PHOTOS BY JOHN PODWORNIAK

The Selkirk Royals varsity girls' volleyball team are KPAC Tier I champions after defeating River East in the final last Friday. Pictured, back row, left to right, Kyla Anderson (coach), Chad Whiteside (coach), Danica Kubay, Madison Heffernan, Roxy Gatchell, Agnes Greloch, Anne Green, Megan Carpenter, Kate Wilken, and Logan Desorcy (assistant coach). Front row, left to right, Sarah Boitson, Rylyn Carey, Lenae Peebles, Cassidy Drummond, Lesly Chaboyer, and Alexis Vermeulen.



The Selkirk Royals' Agnes Greloch goes high in the air for a hit after a set from Cassidy Drummond during KPAC Tier I final action last Friday.



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Varsity boys win KPAC Tier I title in comeback fashion

By Brian Bowman

The Selkirk Royals' varsity boys' volleyball team lost a tough first set 30-28 to the River East Kodiaks in the KPAC Tier I final last Friday at the Comp.

But the Royals battled back valiantly from that first-set heartbreaker to win the next three by scores of 26-24, 28-26, and 25-20.

It was a very well-deserved championship win by Selkirk, which got off to a sluggish start.

"Guys looked nervous with the first time having fans and a home crowd," said Royals' coach Jeff Scarcello. "It took our guys a while to adjust to that."

The Kodiaks played very well, said Scarcello, forcing the Royals to change their plan during the match.

But Selkirk did a great job winning the close sets by making big plays when they had to.

Neither team is ranked very high this season, meaning it was a must-win situation to advance to provincials.

The Royals reached the league final after sweeping the Garden City Fighting Gophers 3-0 by scores of 25-19, 25-16, 25-19 in a semifinal game last Wednesday in Selkirk.

"That was fantastic," Scarcello said. "That was our best match of the year. They did everything that we asked the guys to do. It was a great team win."

The No. 9-ranked Royals will now play the No. 8 Glenlawn Lions on Friday (6 p.m.) at St. Paul's High School. The winner will take on the top-ranked Westgate Wings on Saturday (4 p.m.) at St. Paul's



RECORD PHOTOS BY JOHN PODWORNIAK

The Selkirk Royals defeated River East to win the KPAC Tier I championship on Friday. Pictured back row, left to right, Chris Faial (assistant coach), Aidan Chisholm (assistant coach), Lucas Brzozza, Jaxon Van Kooten, Rylan Sliworsky, Keenan Allen, Andrew Wiebe, Brennan Feschuk, Quinn Kempert, Kier Dear (assistant coach), and Jeff Scarcello (head coach). Front row Kaiden Morris-Izzard, Dawson Zeller, Lukas Sarna, Carter Chisholm, and Jaiden Reeb.

High School.

After not having much success outside of KPAC this season, Selkirk is hoping to surprise some people at provincials. With just two Grade 12 players, the Royals put a lot of emphasis on development this season.

"It wasn't about winning early on in the season," Scarcello said. "We didn't have a lot of success at tournaments but I think that will come to play in our favour because I don't think anyone is going to expect a whole lot out of us. I think we're a really dangerous team and we have some weapons."



The Selkirk Royals' Carter Chisholm tips the ball at the net during KPAC Tier I final action last Friday at the Comp.

> EPIC, FROM PG. 27

to secure the win.

Selkirk defeated the Garden City Fighting Gophers 3-0 by scores of 25-22, 25-16, 25-22 in a semifinal game last Wednesday in Winnipeg.

The Royals started the playoffs with a 3-0 sweep over the Maples Collegiate Marauders on Nov. 15. Selkirk won by scores of 25-17, 28-26, 25-16.

"We had a great week," Whiteside said. "I would say about three or four weeks ago, we collectively had a chat about refocusing and keeping our

eyes on November and working hard to accomplish our goals. This week, in particular, we played really well...and got contributions from all of our athletes. I would describe our team this year as having an incredible amount of depth."

Selkirk, ranked No. 8, now advances to the MHSAA "AAAA" provincials where it will play the No. 9 Westwood Warriors on Friday (8 p.m.) at Sturgeon Heights Collegiate.

The winner will advance to play the top-ranked Vincent Massey Trojans on Saturday (6 p.m.) at Sturgeon Heights Collegiate.

PHOTO CALENDAR

Merry Christmas



January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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INSIDE > OUTSIDE > UPSIDE DOWN

Steelers on three-game losing streak

By Brian Bowman

The Selkirk Steelers were defeated 6-4 by the Virden Oil Capitals during the MJHL Showcase at Stride Place in Portage la Prairie on Monday afternoon.

It was Selkirk's third consecutive loss.

Quinton Hill and Mathieu Catellier each had a goal and an assist for the Steelers while Matthew Gerke and Jordan Hughesman also tallied.

Trevor Hunt, Dylan Halliday, Evan Groening, Carson Buydens, Braden Fischer, and Tyler Thoendal scored for Virden.

Hunt's goal was a shorthanded one with five seconds remaining in the game as Steelers' netminder Hunter Tarves was pulled for an extra attacker.

Tarves made 18 saves in the losing cause.

On Saturday, the Steelers let a 2-0 second-period lead slip away in a 5-3 loss to the Winkler Flyers in Selkirk.

Eric Krywy, on the power play, and Sheldon Howard gave Selkirk a 2-0 first-period lead but Winkler re-

sponded with second-period goals from Trent Penner, Justin Svenson, and Jayden McCarthy.

Svenson scored again just 35 seconds into the third and then Ryan Ostermann, with the man advantage, made it a one-goal game a few minutes later.

Penner sealed the win, though, with an empty-net goal with a second remaining in regulation time.

Steelers' defenceman Spencer Penner had two assists in the game.

Last Wednesday, the Steelers lost 4-3 in a shootout to the Flyers in Winkler.

Josh Beauchemin and Gavin Waltz scored for Winkler in the shootout.

Ostermann had tied the score at 3-3 at 18:12 of the third period. Catellier, after a great individual effort by Hill, and Gerke scored the Steelers' other goals.

Beauchemin replied with a pair of goals for Winkler while McCarthy also tallied.

The Flyers were 2-for-4 with the man advantage while the Steelers finished 1-for-7.

Selkirk played the Swan Valley Stam-



RECORD PHOTO BY RICK HIEBERT

Selkirk Steelers' goaltender Hunter Tarves stopped the Flyers' Lucas Ens during MJHL action last Wednesday in Winkler.

peders on Tuesday at Stride Place but no score was available at press time. The Steelers will host the Oil Capitals

on Friday and then the two teams will hook up again Saturday in Virden. Both games will start at 7:30 p.m.

Royals' losing streak reaches six games

Staff

The Selkirk Royals' losing streak has now reached six games.

On Nov. 15, the Royals were edged 3-2 by the Oak Park Raiders in Winnipeg High School Hockey League action in Selkirk.

After a scoreless first period, Matt

Stewart gave Oak Park a 1-0 lead and then the Raiders went ahead 3-0 with a pair of goals from Ben Milne.

The Royals' Tanner Skrypnik and Nathan Burzynski tallied in the third. Burzynski had two points in the game and leads the Royals with 14 points (six goals, eight assists) in 10 regular-

season games.

Selkirk was scheduled to play the Garden City Fighting Gophers last Thursday at the Recreation Complex but that game was postponed due to unsafe road conditions. It has been rescheduled for this Thursday at 4 p.m.

Selkirk hosted the Vincent Massey

Trojans this past Monday but no score was available.

The Royals will then play the first-place St. Paul's 1 Crusaders on Monday (4 p.m.) at the Recreation Complex.



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Lott competing at Olympic trials in Saskatoon

By Ty Dilello

In an unexpected twist on the eve of the 2021 Canadian Olympic Curling Trials, Team Matt Dunstone of Saskatchewan was forced to make a change.

Dunstone's third Braeden Moskow was unable to play in the event at the last minute due to personal reasons. So who is now Dunstone's replacement? Look no further than Winnipeg Beach's own curling phenom Colton Lott.

Lott was playing in a mixed doubles league with his fiancée Kadriana Sahaidak last Wednesday night in Winnipeg Beach when Dunstone gave him the call.

"I was astonished," Lott said. "It's a little overwhelming. But overwhelming in a way that I'm fully ready for this and can't wait for what's to come."

Lott is very familiar with his new skip as he and Dunstone both won Canadian junior championships together in 2013 and 2016.

Lott had played with Team Pat Simmons at last month's Olympic Pre-Trials event in Liverpool, Nova Scotia, and lost a semi-final there to Glenn Howard.

When the call came from Dunstone on Wednesday night asking to join the team, it was an instant yes.

"Dunstone just asked me if I'd be willing to fill in for Braeden. I couldn't even kind of grasp what he was saying, because this is just such a great opportunity. I was astonished. It was out of the blue. I'm just so stoked to be here. This is such a great opportunity."

Lott came home from his curling practice at Winnipeg Beach and got a quick haircut from his mom. He then did some laundry and packed. He departed Winnipeg on a 7:40 a.m. flight to Saskatoon the following morning to make it in time for the pre-event practice.

"He's one of the best shot-makers in the world. That's what you need at these events," said Dunstone. "If you don't make shots, you don't win at these events, and Colton brings that immediately. He's so supportive out there, and he's going to give me exactly what I need. He's going to work great with our front end."

West St. Paul's Mike McEwen and Morris' Jason Gunnlaugson are the Manitoba teams on the men's side, while Kerri Einarson (Gimli), Tracy



RECORD PHOTO COURTESY OF CURL CANADA, MICHAEL BURNS
Skip Matt Dunstone, left, and third Colton Lott talk strategy Sunday at SaskTel Centre.

Fleury (East St. Paul) and Jennifer Jones (St. Vital) skip the women's rinks at the event.

The Olympic Curling Trials in Saskatoon will be televised throughout the week on TSN and wraps up on Sun-

day night. The men's and women's winners of the Olympic Trials will go on to represent Canada at the upcoming 2022 Winter Olympics in Beijing, China, from Feb 4-20.

Fishermen continue to net victories

By Brian Bowman

The Selkirk Fishermen continue to cruise in the Capital Region Junior Hockey League this season.

Selkirk won both of its games last weekend, wrapping up play Saturday with a convincing 6-1 road win over the Arborg Ice Dawgs.

Josh PoPONICK had a tremendous game for Selkirk with two goals and three assists while Travis Spratt added two goals and two assists. Spratt leads the league in goals (12) and points (21).

The Fishermen's Jordan Donald chipped in with a goal

and a helper while Braeden Hummel also tallied.

Cale Jonski had two assists in the game.

Special teams were the difference as Selkirk scored three power-play goals and a shorthanded one.

Kalen Guimond netted Arborg's goal midway in the first period to give the home side a 1-0 lead.

Owen Derewianchuk stopped 22 Ice Dawgs' shots for the win.

On Friday, Selkirk stopped the St. Malo Warriors 5-2 at the Recreation Complex.

The Fishermen's Reece Tessier and the Warriors' Evan Wuerch traded first-period goals

and then Selkirk took a 4-1 lead after two periods with a marker from Marcus King and two by Hummel.

Kasen Andrushko made it 5-1 before St. Malo's Jaden Gosselin closed out the game's scoring.

Hummel and Tessier each finished the game with three points while Spratt had two assists.

Brendon Hocaluk made 20 saves for the victory.

The first-place Fishermen will host the Lundar Falcons on Saturday (7:30 p.m.) at the Recreation Complex.

Meanwhile, Selkirk's postponed game from Nov. 12 versus Arborg will now be played on Feb. 13 at 3 p.m. at the Selkirk Rec Complex.

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The Selkirk Record

Next Home Games

SATURDAY, NOVEMBER 27th

vs Lundar

7:30pm at the Selkirk Rec Centre

FRIDAY, DECEMBER 3rd

vs Arborg

7:30pm at the Selkirk Rec Centre

Next Away Game

• Sat, Dec 4 - vs Lundar - 7:30pm in Lundar



Meet the Fishermen



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All Spectators must show proof of double vaccination with ID and must wear a mask in the Arena

Selkirk wins junior varsity girls' KPAC title

By Brian Bowman

The Selkirk Royals are the KPAC Tier I junior varsity girls' volleyball champions.

Selkirk defeated the Garden City Fighting Gophers 3-0 by scores of 25-20, 25-21, and 25-19 last Friday in Winnipeg.

"It was a lot of fun," said Royals' coach Maddi Minarik. "The girls played really consistently all night. We didn't make too many errors and they worked really hard. The girls were ecstatic to win the game. There was a lot of shrieking and screaming, which was really fun because it's hard for the girls by having no fans in the crowd. There's no noise so they have to make it themselves."

Selkirk defeated a really good Garden City team when it counted.

"We have lost to Garden City the last two times we've played them in really close games," Minarik said. "The girls had that little extra motivation to want to beat them and it's always nice to beat a team in their home gym. We came together at the right time."

The Royals reached the final after defeating the Miles Macdonell Buckeyes 3-2 by scores of 25-17, 23-25, 21-25, 25-18 and 15-11 in Selkirk on Nov. 16.

"That (game) was a bit of a nailbiter for us but we were able to pull it together and find a way to win," Minarik said. "I'm really proud of these girls. They peaked at the right time and they worked really hard."

Selkirk now advances to the MHSAA "AAAA"



RECORD PHOTO SUBMITTED

The Selkirk Royals won the KPAC Tier I junior varsity girls' volleyball championship after defeating Garden City last Friday. Pictured, back row, left to right, Holly Feschuk (assistant coach), Raegan Telke (assistant coach), Nevaeh Marynowski, Sara Fissel, Lauren Stewart, Madilyn Freiter, Adrea Reykdal, Ashlyn Scott, Kelly Kotowich, Lea-Jay Bulawka (manager), and Maddi Minarik (head coach); front row, Keltie Leeson, Carley Catellier, Hannah Niemi, Paige Bercier, and Rebecca Trudeau.

provincials which begin this Thursday. The No. 3-ranked Royals will play the winner between Sisler

and Sturgeon Heights on Friday (4 p.m.) at River East Collegiate.



RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Royals' Hannah Niemi, left, dives for a ball while Sara Fissel looks for a kill during KPAC Tier I playoff action last week.

Collings recognized by Sport Manitoba, Golf Manitoba

From Golf Manitoba

The Order of Sport Excellence Award Program was established by the province of Manitoba to celebrate athletic achievements by Manitobans.

Administered by Sport Manitoba, the awards give public recognition to the accomplishments of athletes and coaches in provincial, national and inter-

national competition. In recognition of this award program, Sport Manitoba and Golf Manitoba would like to congratulate the 2021 provincial golf champions with Award of Merit certificates:

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2021 Junior Boys Champion: Braxton Kuntz
2021 Women's Amateur Champion: Bobbi Uhl

2021 Men's Amateur Champion: Braxton Kuntz
2021 Men's Mid-Amateur Champion: Todd Fanning
2021 Women's Senior Champion: Rhonda Orr
2021 Men's Senior Champion: Garth Collings.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Raiders roll past Riels

Staff

The Raiders Jr. Hockey Club won a wild one on Sunday after outscoring the St. Boniface Riels 8-6 in Manitoba Major Junior Hockey League action.

The Raiders, which built a 4-0 lead just 14:24 into the game, received goals from Alex Cholakakis (two), Riley Barroso, Nolan Weihs, Evan Harrison, Levi Thiessen, Tyler Hupchak and Juliano Garcea.

St. Boniface goals were scored by Nathan Ayotte (two), Brandon Leblanc (two), Kyle Lang, and Connor Davis.

Dylan Francis made 39 saves for the win.

Last Friday, the Raiders were defeated 5-4 in a shootout by the Ft. Gary/Ft. Rouge Twins.

Owen Ostermann and Carter Halamandaris scored for the Twins in the shootout.

Halamandaris and Ostermann tallied for Ft. Garry/Ft. Rouge in the second to stake the Twins out to a 2-0 lead.

But the Raiders came back to take a 3-2 lead just 2:34 into the second period with a pair of goals from Alex Loschiavo and a single from Jayce Kennedy.

The Twins' Nick Gilberto and Matthew Carrier tallied before Thiessen tied the score at 4-4 at 17:11 of the third period.

The Raiders, now 8-9-1, will visit the River East Royal Knights on Friday (7:30 p.m.) and the Pembina Valley Twisters Sunday (7 p.m.).

Curling champions



RECORD PHOTO SUBMITTED

The East St. Paul Team of skip Meghan Walter, third Lane Prokopowich, second Katie McKenzie, lead Mackenzie Elias and coach Frank Walter recently won the Manitoba Junior Women's Curling Championship. Team Walter is in Saskatoon this week to compete in the World Junior qualifying event.

Heavy lifting



RECORD PHOTO SUBMITTED

Tom Pachal recently travelled to Richmond, B.C. to compete with Team Manitoba at the Canadian Powerlifting Unions Western Championships at the Olympic Oval. He competed in the 83kg men's open weight class, placing seventh overall. His lifts included 440 pounds squat (a competition best), 303 pounds bench (tied competition best), 518 pounds deadlift (lifetime best) and 1,261 pounds total (lifetime best).

Daniel Ekosky wins silver in Montreal

By Brian Jones

After a 20-month pandemic pause, judo competition returned with the Quebec Open Judo Championships on Nov. 13-14 in Montreal.

Damien, Justin, Sarah and Daniel Ekosky of the Selkirk Judo Club competed at the tournament with the provincial team.

Daniel, 15, a blue belt, was competing at his first tournament with the provincial team. He fought in the U18 Men under 81 kg category. There were 11 fighters in his division. Daniel won three straight before losing in the gold-medal final. He finished with a silver medal.

Sarah, 17, a brown belt, fought in the Senior Women under 63 kg division. She finished with a 2-2 record to place seventh in her division of 15 competitors.

Justin, 20, a black belt, opened with three wins to reach the semifinal in

Senior Men under 73 kg. He ended up with a 3-2 record for a fifth-place finish in this large division of 41 competitors.

Damien, 22, a black belt, competed in the same division, finishing ninth with a record of two wins and two losses.

"Manitoba sent 11 fighters to the Quebec Open, the first major tournament in Canada since March 2020. Our Selkirk athletes had a strong start to the competitive season at this tournament," said Brian Jones, one of the club's coaches. "Most importantly, they were able to enjoy being on the mats competing again after a long break that nobody wanted."

The Selkirk club's next action will be the St. Boniface Open this Saturday, the first tournament in Manitoba since February, 2020.

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Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

WANTED HOUSE FOR RENT

Senior lady looking around Lockport/Selkirk/Clandeboye areas for on or around February 1st. Very clean and will treat your home as if it was my own. I am on a fixed income but can make up for that with the TLC I will give your valued property. Please give me a chance. Please text 204-232-4744

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1084 sq ft condo for sale in Stonewall. 2 BR, 1 full bath and 2 piece ensuite, appliances, attached garage. Call 204-467-2576 or 204-937-8497.

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Want to make money while keeping in shape rather than spending money at the gym? Round-Tuit Cleaning Services has permanent part-time positions available in the Lockport and Selkirk areas. Applicant must provide a criminal record check, be vaccinated for Covid-19, have driver's license and own transportation. For information and application call 204-785-3257.

Jade Transport now hiring Class 1 Drivers. Full and part-time positions. Dedicated lanes available. Apply at www.jadetransport.com/careers

Hiring Class 1A drivers to transport RV's throughout N. America. Health/dental insurance, excess miles, monthly bonus. Must be able to cross the border. For more information visit roadlexservices.com or email recruiting@roadlexservices.com

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We require part time servers/bartender, \$12.40/hr. Smart Choices, Responsible Services certification and Certified Food Handling certificate required. Call 204-482-3941 or drop off resume at ANAF Unit #151, 231 Clandeboye Ave., Selkirk. We are a fully vaccinated facility and proof of vaccination is required to enter our facility to protect our vulnerable veterans and seniors. This includes for dropping of resumes or coming for interviews.

Put your pickup truck to work! Hiring 1 ton owners to transport RV's throughout N. America. Pick up in Indiana, delivering to Western Canada. Paid per loaded mile, insurance and authorities are through us. Discounted fuel cards and subsidized health insurance. Driver must be at least age 21 and able to cross the border. For more information visit roadexservices.com or email recruiting@roadexservices.com

HELP WANTED

Galay Landscaping is looking for help with our snow clearing operations in Selkirk. We need people on shovels and snow blowers as well as experienced operators on skid steers, loaders and class 3 truck drivers. Must have a class 5 drivers license or ability to get to sites within Selkirk independently. Starting wages \$16-\$30 per hour depending upon experience and qualifications. Apply by emailing resume to info@galaylandscaping.com

MISCELLANEOUS

For sale - complete home spirit making setup. Equipment all stainless, includes 2-18 gallons, 2 boilers and 2 burners, 2 coolers, 1-55 gallon mash barrel with auto heaters and 2 testers. Priced to sell, call 204-482-8922.

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all shifts available. Wages dependant on experience. To join our Bonded Health Services Team call or drop resume in person or email to ihebert@bondedhealth.ca



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204-785-1992

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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



R.M. OF ST. ANDREWS EMPLOYMENT OPPORTUNITY

The RM of St. Andrews is seeking an individual to fill the following vacant position.

RECREATION COORDINATOR

Description: The Recreation Coordinator will, under the supervision of the Recreation Director, lead or assist in the delivery and expansion of recreation and leisure services for residents of the RM, as well as provide administrative assistance and perform other related duties as required for heritage, arts, and culture and tourism initiatives. The work week may include evenings and/or weekends as required with a flexible work agreement schedule in place.

Qualifications and Skills: Education and/or direct experience program planning in recreation or a related field, preferably in a municipal environment. An understanding of recreation, culture and tourism activities in St. Andrews and/or the Interlake would be considered an asset. Strong computer skills and prior experience with social media would be an asset. Must possess excellent oral and written communication skills and the ability to interact effectively with the public, and demonstrate the ability to problem solve, make decisions, have initiative and be flexible. Applicant should have access to a vehicle, and a valid Class 5 driver's licence. The successful applicant must possess or be willing to obtain an Emergency First Aid and CPR Certificate and a satisfactory Criminal Record Check and Child Abuse Registry Check.

Job Details: Additional information on this position can be found at www.rmofstandrews.com.

Applicants should submit a resume, cover letter and 3 references by **Friday, December 3 @ 4:30 pm to:**
Teresa Howell, Recreation Director
RM of St. Andrews
Email: recreation@rmofstandrews.com
We thank all who apply and advise that only those selected for further consideration will be contacted.

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The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication
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8	2	9	7	9	1	7	6	8
1	7	7	8	6	2	8	9	9
7	9	1	2	8	6	9	8	7
7	6	9	1	9	8	8	7	2
8	8	2	9	7	7	6	1	9
6	7	7	9	1	9	2	8	8
2	1	8	8	7	7	9	9	6
9	9	8	6	2	8	1	7	7

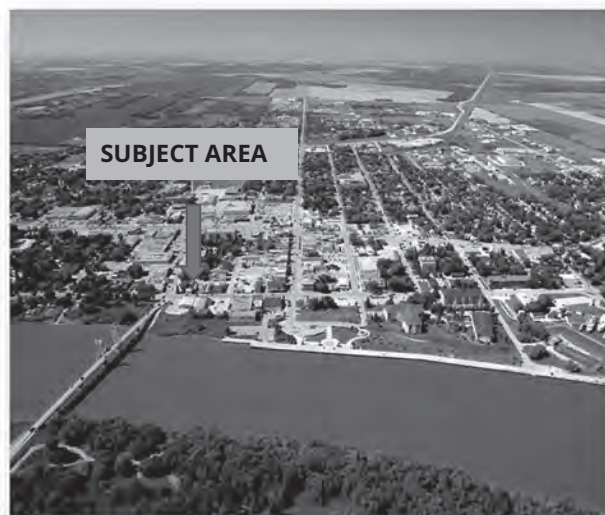
Sudoku Answer

CITY OF
Selkirk

REQUEST FOR PROPOSAL

355 Eveline Street

The City of Selkirk making a downtown land parcel it owns available for sale and development. The purpose of this RFP is to support the City of Selkirk efforts in selection of a qualified proponent to enter negotiations for the purchase of land and development of a high-quality project.



Submissions must be received no later than 2:30 pm (CST) December 15, 2021. Proposals submitted later than this time will be returned unopened to the proponent. The City of Selkirk will not accept proposals by email or facsimiles.

Submission information can be obtained online at www.myselkirk.ca/tenders

The City reserves the right to accept or reject any submission(s)

Contact Information:

Tim Feduniw
Director of Sustainable Economic Development
City of Selkirk
tfeduniw@cityofselkirk.com or (204)785-4900

MISCELLANEOUS

Lincoln 225 Arc Welder, \$225 obo; ALTO Power P/A speakers, 300 w w/10" driver \$250 obo; antique round table w/4 chairs and 2 leaves \$400 obo. Call 1-204-894-6326.

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Wanted - Honda Big Red ATC 200 ES 3 wheeler. Must be in good running order. Ph. 1-204-376-5206.

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF EARL CAROL OLAFSON, late of the Town of Victoria Beach, in the Province of Manitoba, deceased.
ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the January 1 2022.
DATED at the City of Selkirk, in Manitoba, this 18th day of November 2021.
PKF LAWYERS-Selkirk MB office
Adam Kelso, Solicitor for the Executor

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF MAXINE MELVINA MCRAE, late of the City of Selkirk, in the Province of Manitoba, deceased.
ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the 25th day of December 2021.
DATED at the City of Selkirk, in Manitoba, this 16th day of November 2021.
PKF LAWYERS-Selkirk MB office
Adam Kelso, Solicitor for the Executor



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PUBLIC NOTICE

Proposed Rogers Telecommunications Facility

Rogers Communications Inc., (Rogers) is committed to providing Canadian communities high speed wireless internet, voice and data service. To improve service, Rogers is proposing to construct a 45-meter self-support antenna structure at 215 Maxwell King Drive within East St. Paul, Manitoba. Access will be completely restricted from the public. As part of the public consultation process as required by the Innovation, Science & Economic Development Canada, Rogers regulator under the Radiocommunications Act, Rogers is inviting the public to comment on the proposed tower location before end of day **December 25, 2021**. This structure is fully compliant with Innovation, Science & Economic Development Canada's guidelines, as found under the Client Procedures Circular (CPC-2-0-03).

LOCATION: 215 Maxwell King Drive, East St. Paul, MB. In the NW corner of the property.

COORDINATES:

Lat: 49.964929°
Long: -97.060759°

LEGAL:

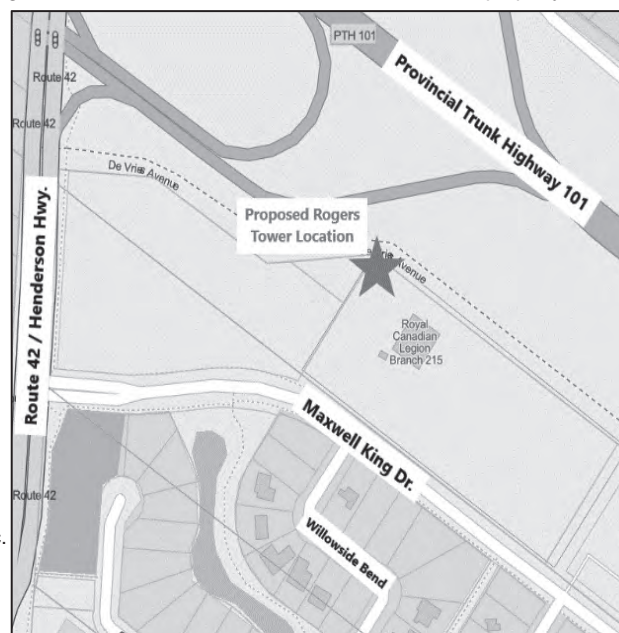
Pt. Lot 1, Block 5,
SS Plan No. 13116

ANY PERSON MAY

comment by end of day on **December 25, 2021** with respect to this matter.

ROGERS CONTACT:

Evolve Surface Strategies Inc.
Attn: Anthony Novello
Unit A, 2151 Portage Avenue
Winnipeg, MB R3J 0L4
Toll Free: 1-888-912-2640
E: comments@evolvesurface.com



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RED RIVER CO-OP FOOD STORE

Turkey and Bean Tostadas

black beans, rinsed and drained
2 tablespoons water
To make salsa: In small bowl, stir tomatoes, avocado, corn, jalapenos, onions and lime juice. Set aside.
Preheat oven to 400 F.
To make tostadas: Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray. Place tortillas on baking sheet. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas several times to prevent from filling with air.
Bake tortillas 5-6 minutes on each side, or until golden brown.
In medium nonstick saucepan over medium-high heat, cook turkey, chili powder, cumin and coriander 5-6 minutes, or until turkey is no longer pink, stirring occasionally to turn and break up turkey.
Add beans and water. Cook 5 minutes, or until beans are heated through. Using potato masher, coarsely mash beans. Remove from heat.
To assemble tostadas, spread turkey mixture over each tortilla. Top with salsa.

Recipe courtesy of the American Heart Association's Healthy for Good initiative
Servings: 5
Salsa:
2 cups chopped tomatoes (about 2 medium tomatoes)
1 medium avocado, halved, pitted and diced
1 large ear of corn, husks and silk discarded, kernels removed
1-2 medium fresh jalapenos, seeds and ribs discarded, finely chopped
2 tablespoons finely chopped red onion
2 tablespoons fresh lime juice
Tostadas:
nonstick cooking spray
5 corn tortillas (6 inches each)
8 ounces ground skinless turkey breast
2 teaspoons chili powder
1 teaspoon ground cumin
1 teaspoon ground coriander
1 can (15 1/2 ounces) no-salt-added



Apple Nachos

2 tablespoons water
1/4 cup smooth low-sodium peanut butter
1 tablespoon honey
In small bowl, stir cranberries, almonds and sunflower seeds.
Layer 18 apple wedges on large plate or platter. Sprinkle with lemon juice to keep apples from browning.
In small microwavable bowl, microwave water on high 2 minutes, or until boiling. Add peanut butter and honey, stirring until mixture is smooth.
Using spoon, drizzle half peanut butter mixture over apple wedges. Sprinkle with half cranberry mixture. Layer remaining apples over cranberry mixture. Drizzle with remaining peanut butter mixture. Sprinkle remaining cranberry mixture over top.

Recipe courtesy of the American Heart Association's Healthy for Good initiative
Servings: 6
1/3 cup dried unsweetened cranberries or raisins
1/4 cup sliced unsalted almonds
2 tablespoons unsalted shelled sunflower seeds
3 medium green or red apples, cored and thinly sliced into 12 wedges each, divided
1-2 teaspoons fresh lemon juice



By Gwen Randall

Sometimes we respond to situations in ways that others consider overreactive. We may have very strong feelings that we need to express, only to feel hurt and negated when someone says it's no big deal or tells us to chill out. If a reaction is indeed out of proportion to the situation, it means that something else is bothering us, or that old emotions are being triggered.

If a woman gets angry at her partner and accuses him of being controlling, it may be that she was controlled by her Father (or Mother) and she's had enough. As a child she could do nothing about it, but as an adult she will not put up with it. A man may feel that his partner is never satisfied. No matter what he does, it is just not good enough. This may upset him deeply if he spent his childhood trying to be "good enough" for his parents, but never succeeded. If one feels that his or her partner has little time to give to the relationship, this may trigger feelings of neglect and abandonment from earlier years. If one was constantly criticized by parents or siblings, there may be difficulty hearing honest feedback from friends or employers.

While we should not have to take the brunt of someone's unresolved feelings, we can try to bring some compassion to the situation. No one can change the past, but simply feeling understood and supported can go a long way towards healing it. Really listening to the reasons why someone is so upset can allow them to release old hurt. In order to do this, we have to set our egos aside temporarily.

Generally, showing that we care will defuse another's hurt or anger. Validating their feelings makes things even better. Then you are

Strong emotional reactions

both in a more positive position to discuss the contentious issue. Mocking someone, and accusing them of being just like their parent, or of acting out childhood issues is one of the worst things you can do. That would be like abruptly awakening a sleepwalker. If the person is not conscious of the connection with deeper emotional issues, such comments could escalate their emotional reaction dramatically.

In close relationships, you have the power to profoundly assist in healing, but also the power to hurt the individual even more. That is why it is so important to be aware of our own unhealed parts, and those of others. Some will take the stance that they have dealt with their past, and it is no longer an issue in the current relationship. Unfortunately, past hurt is like radioactive waste, and does tend to seep up into our lives no matter how well we think we have stowed it. It also tends to operate through the unconscious parts of our being, and so we may truly be unaware that it is still affecting us.

Strong emotional reactions to current life situations are often a clue that there is something coming to the surface so it can be healed. It's best to tend to that healing before it contaminates our present, and leaks into our future.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

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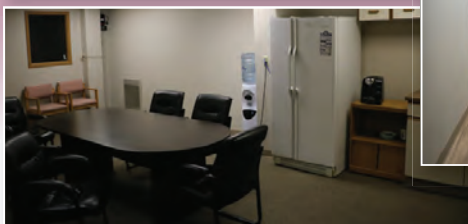
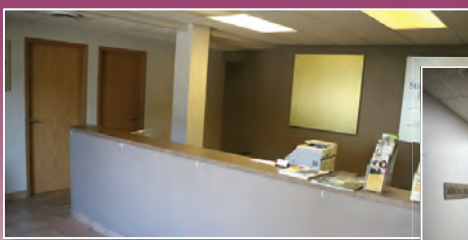
The Board of Trustees invites applications for the position of Assistant Superintendent Learning & Student Services for Sunrise School Division. Duties will commence May 2, 2022 or as soon as can be arranged thereafter.

The Board of Trustees is seeking a caring, thoughtful, knowledgeable, business-minded educational leader who has a profound regard for children and deep respect for the role that all adults play in their education. The mandate is delivery of a quality education and a positive experience for all who engage with the division. To that end, the incumbent will assist with the effective leadership and management of each of the Division's functional departments within the organization. Major areas of responsibility include but are not limited to manage and monitor the K-12 Curriculum and Student Services program and delivery.

Sunrise School Division is defined by its friendly people and the natural beauty of its environment. Located in the Eastman region of Manitoba, Sunrise has 13 public schools, 6 Hutterian schools and 4 Adult Learning Centres located in 9 communities. The division office is in Beausejour, Manitoba.

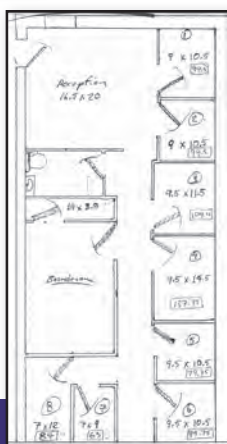
For details and information on how to apply, visit
www.sunrisesd.ca.

CLANDEBOYE AVE in Selkirk *Executive Mall* OFFICE SPACE FOR LEASE



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Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



For information please contact:

BIG Real Estate
204-485-0010

email bigandcolourful@mts.net

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Public Notice

Proposed Valley Fiber Radio Communications Project Telecommunications Tower

Valley Fiber Limited is a locally owned and operated technology firm based out of Winkler, MB. The ever-growing need for fast and reliable telecommunications has spurred innovation. To continue this innovation, Valley Fiber in partnership with the RM of St. Clements is proposing to construct a 58m tower next in Lockport. The Tower will support communication equipment and all Transport Canada required lighting. The tower will require a small 3.6m x 4.2m ancillary building at the base of the tower. Based on a review by Valley Fiber, there were no available existing locations or facilities that would suit the project requirements.

Valley Fiber is inviting the public to comment on the proposed tower location prior to

December 27, 2021.

This tower is going to be constructed and operated to be fully compliant with Industry Canada guidelines found in the client procedures circular (CPC-2-0-03, including Safety code 6 and CEAA 2012). For more information on Industry Canada's requirements please see www.ic.gc.ca/towers.

Project Details:

Location: 10-I-XL Crescent,

Lockport, Manitoba

Legal: 1-3-43593

Coordinates: 50.07744, -96.908191

Valley Fiber Contact:

Tim Peters

800 Monticello Way

Winkler MB R6W 0N3

tim.peters@valleyfiber.ca

RM of St. Clements Contact:

1043 Kittson Road, Box 2

East Selkirk, MB, R0E 0M0

204-482-3300

Industry Canada Contact:

400 St. Mary Ave, 4th floor

Winnipeg, MB R3C 4K5

Phone: 1-800-665-3421 or 204-984-4257

Email: ic.spectrumwinnipeg-winnipeg@canada.ca



X - proposed tower location

Announcements *The Selkirk Record*

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ANNOUNCEMENT

BIRTH ANNOUNCEMENT



Grochowski

Chris, Haley (Lubig) and big sister Amelia
welcomed their new baby boy,
Logan Thomas,
born September 14, 2021, 5 lbs., 11 ozs,
19 inches.

Proud grandparents are
Eric and Melanie Lubig and
Mike and Rhonda Grochowski

ANNOUNCEMENT

IN MEMORIAM

Mel Sabiston

June 4, 1930 - November 21, 2020
Remembering my Dad, a year has gone by
and I miss you more than I can possibly say.
-Love you always
Melanie, Eric, grandchildren
and great-grandchildren

**Don't Forget Your
Loved Ones**

Passed

WITH AN ANNOUNCEMENT IN THE

Selkirk Record

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OBITUARY

Raymond Peebles

It is with heavy hearts the family of Raymond Peebles, age 82, announce his sudden passing on November 10, 2021 at the Selkirk Regional Health Centre.

Left to mourn his passing are his children Michael, Amanda and families; step-children Wayne, Daryl and families; brothers Fred (Mavis), Victor (Carey); sisters Margaret (John), Lila, Rita (Eugene), and Marlene (Harold); plus numerous nieces, nephews and many friends who will miss him dearly.

Raymond was predeceased by his life partner and soulmate Sybil Finnson, parents James and Maryann Peebles; brothers Jim, Andy and Kenny; sisters Dorothy, Marge and Shirley.

Raymond was born June 17, 1939 in Lockport, MB. He met his sweetie Sybil in 1980 and spent many wonderful years together. He retired with 33 years of service from St. Andrews Lock & Dam.

Ray was an avid sports fan cheering on his Blue Jays, Winnipeg Jets, Selkirk Steelers and curling. He enjoyed volunteering at the Gordon Howard Centre, Bird Watchers, Oak Hammock Marsh and Selkirk Lions Centre.

Raymond loved being surrounded by family at BBQ's, birthdays and other celebrations, also watching his nieces and nephews sports activities, fishing, playing pool and meeting friends for coffee.

Together, Ray and Sybil enjoyed square dancing and camping at Hecla Island and Pointe du Bois. Their love of travelling took them to Nova Scotia, B.C. and Alberta with many road trips visiting friends and family along the way.

The family would like to thank the residents at Selkirk Lions Centre, paramedics and Selkirk Regional Health Centre staff for their efforts, care and compassion.

In lieu of flowers, donations in Raymond's memory can be made to the Gordon Howard Centre.

ANNOUNCEMENT

IN MEMORIAM



Don Kordalchuk

November 26, 2019

Time slips by, our lives go on,
But from our hearts you're never gone.
We think about you often,
And we talk about you, too;
We have so many memories,
But we would love to still have you

-Mom and Dad, Leanne and family,
Crystal and Jennifer

*Your memory will live forever
Engraved within our hearts*



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OBITUARY



Leonard Emile Bourget
December 5, 1961 – November 18, 2021

With saddened hearts we announce the passing of our beloved father, grandfather, brother, uncle and friend, Leonard Bourget. Leonard passed away unexpectedly at home in Libau, Manitoba on November 18, 2021 at the age of 59 years.

Leonard is survived by his loving son Matthew (Jayde), his grandsons Kasey and Gavin, Matthew's sisters Chantal (Damir), Candice (Chase) and their families. Leonard will always be remembered by his sister Diana (Don), his nieces Amanda (Shana), Tiffany (Gabe), Kennedy (Trevor) and his great nieces and nephew and will be missed by many friends.

Leonard was predeceased by his father Walter, his mother Geraldine and Matthew's mother Carole.

Leonard's family will always appreciate his love of the outdoors, photography, and any motorized vehicle. He inspired adventure and no risk was too big. Leonard was the "fun-cle"! He will truly be missed by all.

Cremation will take place and a Celebration of Life is being planned for summer 2022.

"There are no goodbyes for us. Wherever you are, you will always be in my heart."

--Mahatma Gandhi

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Richard Wayne Walker

It is with the deepest sorrow that the family of Richard Wayne Walker (Rick) of Selkirk, Manitoba, announces the news of his sudden and unexpected passing on Saturday, October 30, 2021.

Rick was predeceased by his parents David and Lois Walker; his brothers-in-law Grant Forbes and Denis Lanoie.

Rick is survived by his wife Fran; his children Angela (John), Joel, and Lindsay (Michael); his grandchildren Summer, Grayson, Cherry, Sienna and Avalina; his brother Gerald (Karen), sister Carol, and sister Jocelyn (Alex).

"Friendly Rick" loved God, his family and countless friends. Rick loved the outdoors and wildlife. He was an avid woodsman who cut endless cords of wood for his own home and many customers. He was the enthusiastic fire officiant at any gathering. Rick was a Manitoba Hydro retiree, league bowler, action movie lover, swimmer/body-surfer, and donated his time to many charities. Rick was a die-hard fan of hockey and football. He loved to do crosswords and play games, especially cards. He loved riding his motorcycle every chance he got. Rick had a great sense of humor and always had a smile.

A Celebration of Life service will be held at Shiloh Chapel at 38 Beulah Lane, Durham, Maine 04222 on Sunday, November 28 at 2:00 p.m. where Rick will be laid to rest. A live stream of the service will be available.

If people wish to donate to a charity in Rick's honor, please visit Adult & Teen Challenge Central Canada at <https://teenchallenge.ca/locations/winnipeg-mb/#>, designate to Winnipeg Men's Centre. Expanded tribute: <https://www.wrightfuneralservices.net/obituaries/Richard-Walker-37/>

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CELEBRATION OF LIFE

Mel Holowachuk

A Celebration of the Life of Mel Holowachuk will be held on Saturday, December 4th, at 3 p.m. at Christ Church Anglican, 227 McLean Avenue, Selkirk. Interment has already taken place. Due to Covid restrictions, masks must be worn and only those showing identification and verification of vaccination will be admitted.

*There is a link death cannot sever,
Love and remembrance last forever.*

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